

Penne Pasta with Hot Italian Chicken Sausage

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/sprouts-hot-italian-chicken-sausage-recipe>

Ingredients:

- 1 cup penne pasta
- 1/2 teaspoon salt
- 1 pound hot Italian chicken sausage
- 1 tablespoon olive oil
- 3 garlic cloves chopped, about 1 tbsp
- 2 vine tomatoes small, diced or chopped, about 1 ½ cup when diced
- 1 cup baby spinach firmly packed
- 1/8 teaspoon oregano
- 1/4 teaspoon basil
- 1/2 teaspoon salt adjust to taste
- 1/2 teaspoon chili flakes adjust to taste
- 3 teaspoons Parmigiano Reggiano grated, add more according to preference

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1250 milligrams
9. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Penne Pasta with Hot Italian Chicken Sausage above. You can see more 16 sprouts hot italian chicken sausage recipe You must try them! to get more

great cooking ideas.