

Penne With Spinach & Chicken Sausage



4.65 from 17 votes

A delicious pasta recipe that features garlic roasted chicken sausage, tomato, onion, garlic, and whole wheat penne.

Prep Time 5 mins	Cook Time 10 mins	Total Time 15 mins
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Course: Dinner Cuisine: Italian Servings: 8 people Calories: 67cal Author: Amy Desrosiers

Ingredients

- 1 package Al Fresco Chicken Sausage sliced into 1/4 inch thick slices
- 2 tablespoons Extra Virgin Olive Oil
- 2 whole cloves of garlic minced
- 2 Diced Roma Tomatoes
- 1 medium sweet onion diced
- 1 box of whole wheat penne boiled until al dente
- 1 jar of your favorite red pasta sauce
- 2 cups washed baby spinach

Instructions

1. Boil pasta until al dente In a large skillet, sautee garlic, onion, and tomato Add in chicken sausage and cook until slightly browned. Add in spinach and cook for about 1 minute Add in drained pasta, and then full jar of sauce Mix and serve warm. *You can also top with cheese and an option*

Nutrition

Serving: 1serving | Calories: 67cal | Carbohydrates: 8g | Protein: 1g | Fat: 3g | Sodium: 456mg | Potassium: 372mg | Fiber: 1g | Sugar: 5g | Vitamin A: 1070IU | Vitamin C: 10.1mg | Calcium: 27mg | Iron: 1.2mg