

"Greeny" Pasta with Chicken Sausage

Total: 25 min. Active: 25 min. Yield: 4 servings.

Nutritional Information Per Serving

Calories: 600. Total Fat: 13.5g. Carbs: 90g. Protein: 30g.

Ingredients

- 3/4 pound whole-wheat pasta, preferably bow-tie
- 1 tbsp olive oil
- 1/2 medium onion, chopped, about 1 cup
- 3 cloves garlic, minced
- 6 oz low-fat Italian-style chicken sausage, casings removed, crumbled
- 1 medium head escarole (endive), rinsed, drained, and chopped
- 1 (14 oz) can low-sodium cannellini beans, drained and rinsed
- 1 1/2 cups low-sodium chicken broth
- 1/2 tsp red pepper flakes
- 1 tbsp chopped fresh sage
- Salt and pepper
- 1 oz grated Parmesan

Directions

Cook the pasta according to the directions on the package. Heat the oil over a medium heat in a large, deep sauté pan or 8-quart stockpot.

Saute the onion until soft and translucent, about 5 minutes. Add the garlic and cook an additional 1 minute. Stir in the sausage and cook until heated through and browned, about 4 minutes. Add the escarole and cook until wilted, about 3 to 4 minutes.

Add the beans, 1 cup of chicken stock, sage and red pepper flakes and simmer until the mixture is heated through and liquid is slightly reduced.

Add the sausage-bean mixture to pasta and toss well, loosening with the additional 1/2 cup chicken stock if necessary. Season with freshly ground pepper and salt, to taste.

Divide among 4 pasta bowls and top with Parmesan cheese.

