

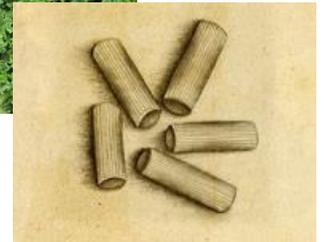
Rigatoni with Kale and Sausage

Serves: 2-1.5 cup portions or 3-1 cup portions

Prep time: 15 min.

Cook time: 20 min

Equipment: a pot for pasta and a large skillet or sauté pan



1 cup(s) uncooked rigatoni, preferably whole wheat

2 tsp. canola oil or canola pan spray

1 small onion, sliced thin

4 oz. raw turkey sausage, sweet Italian variety, bulk pack

1 clove garlic, minced

Dash crushed red pepper (optional)

½ cup low sodium chicken broth

3 cups packed (about 6 oz.) raw kale, remove stems and chop into bite-sized pieces

2 oz sliced pimentos, drained (1/2 of a 4 ounce jar)

dash black pepper

1/4 cup(s) shredded parmesan cheese

Instructions

1. Cook rigatoni, according to package directions; drain. Save ½ cup pasta water.
2. While pasta water heats, place a large deep (~ 4 inches deep), pan over medium heat and add spray or add oil coating pan bottom.
3. Add onion and cook onion for about 3 minutes until softened.
4. Add sausage and cook about 5 minutes, breaking sausage into ¼-inch pieces as it cooks.
5. Add garlic, crushed red pepper, and broth to the pan, reduce heat, stir to loosen brown bits on the bottom of pan.
6. Add kale, allow to sit in pan for 1 minute before stirring, then cook on medium heat until wilted about 5 minutes. Stir, or turn with tongs often during cooking.
7. Add reserved pasta liquid and pimento; cover and cook until kale is tender, about 5 minutes. (Just scoop out ½ cup of pasta water if it is still cooking)
8. Stir in rigatoni; cover and heat dish through.
9. Garnish with about 2 tablespoons of cheese per serving.

Nutrition Information (based on 2 servings)

Calories: 390

Total Fat: 14 grams

Saturated Fat: 2.5 grams

Vitamin C: 63 mg

Calcium: 221 mg

Carbohydrate: 50 gram

Fiber: 7 grams

Potassium: 484

Sodium: 731

Iron: 8.125