

BONUS

ITALIAN SAUSAGE AND KALE ONE-POT PASTA

8 ounces whole-wheat rotini or penne
8 ounces Italian sausage, casing removed, crumbled
6 cups chopped kale
1 14-ounce can no-salt-added diced tomatoes
1 medium onion, chopped
4 cloves garlic, thinly sliced
2 tablespoons pesto
1½ teaspoons Italian seasoning
¾ teaspoon salt
½ teaspoon crushed red pepper
4 cups water
Finely shredded Parmesan cheese for garnish

Combine pasta, sausage, kale, tomatoes, onion, garlic, pesto, Italian seasoning, salt and crushed red pepper in a large pot.

Stir in water. Bring to a boil over high heat. Boil, stirring frequently, until the pasta is cooked and the water has almost evaporated, 10 to 12 minutes.

Remove from heat and let stand, stirring occasionally, for 5 minutes. Serve garnished with Parmesan, if desired.

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Serves 5

Active Time: 30m

Total Time: 30m

NUTRITION FACTS

Amount per serving:

Calories: 226

Total Fat: 9g

Saturated Fat: 2g

Monounsaturated Fat: 5g

Cholesterol: 29mg

Sodium: 211mg

Carbohydrates: 18g

Dietary Fiber: 6g

Total Sugars: 2g

Added Sugars: 0g

Protein: 19g

Potassium: 525mg