



# HEALTHY PASTA RECIPE IN ONE SKILLET



## KALE, SAUSAGE & PEPPER PASTA



SERVINGS:



INGREDIENTS:

1 tablespoon olive oil



2 links sweet Italian turkey sausage (8 oz.), such as Jennie-O, casing removed crumbled



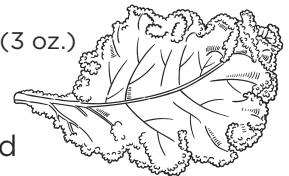
1 small red bell pepper, chopped (3/4 cup)



1/2 medium onion, chopped (1/2 cup)



4 cups chopped kale (3 oz.)



2 cloves garlic, minced

1/4 teaspoon crushed red pepper (optional)



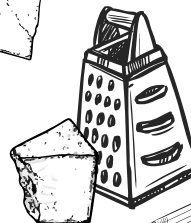
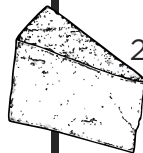
1 1/2 cups water



3/4 cup whole-wheat penne pasta (3 oz.)



2 tablespoons grated Parmesan cheese



⌚ Prep time: **25min**  
 ⌚ Cook time: **10min** = **35min**  
 🍴 Calories: **653kcal**

### DIRECTIONS:

1. Heat oil in a large nonstick skillet over medium-high heat. Add sausage; cook, stirring, until no longer pink, 2 to 4 minutes. Transfer to a plate.
2. Add bell pepper and onion to the pan; cook, stirring occasionally, until softened, about 5 minutes. Stir in kale, garlic, crushed red pepper (if using), and the sausage; cook, stirring, until the kale is wilted, about 3 minutes.
3. Stir in water and pasta; bring to a boil, stirring occasionally. Reduce heat to medium-low, cover, and cook until the pasta is tender, 8 to 10 minutes. Sprinkle with Parmesan and serve immediately on the side. If desired.

**BON APPETITE!**