

Artichoke and Broccoli Pasta



Recipe by Jen Newton, Nutrition Coordinator at the Sky Lakes Wellness Center

Ingredients

- 8 oz whole grain rotini (or other whole grain pasta)
- 1-12 ounce package chicken sausage, such as al fresco Sweet Italian Chicken Sausage
- 4 cloves garlic, minced or pressed
- 2 crown broccoli, cut into florets
- 1-15 ounce can artichoke hearts, drained and chopped
- 1 large tomato, diced
- 1 Tablespoon dried basil
- 1 Tablespoon dried oregano
- Salt and pepper to taste.
- 2 Tablespoons parmesan cheese, shredded

Prep time: 15 minutes

Cooking time: 25 minutes

Directions

1. Cook whole grain pasta according to package directions.
2. Roughly chop chicken sausage and cook in large skillet over medium until heated.
3. Add garlic, broccoli and artichoke hearts, stirring to combine. Add diced tomatoes, basil and oregano. Stir to combine.
4. Add cooked, drained pasta, stirring until combined.
5. Season with salt and pepper to taste.
6. Top with shaved parmesan cheese before serving. Enjoy!

Nutrition Facts

Serving Size: 1/6 of recipe
Servings per Recipe: 6

Amount per serving:

Calories 260 from fat 70

Total Fat 8g

Saturated Fat 2g

Trans Fat 0g

Sodium 370 mg

Total Carbohydrates 36g

Dietary Fiber 8g

Protein 14g

Nutrition facts calculated through USDA Supertracker