

KALE, SAUSAGE AND PEPPER PASTA

Preparation: **25** mins. | Cooking: **35** mins. | Servings: **2**

INGREDIENTS

1 tablespoon olive oil
8 ounce sweet Italian turkey sausage, crumbled
1 small red bell pepper, chopped
1/2 med onion, chopped
4 cups chopped kale
2 cloves garlic, minced
1/2 teaspoon crushed red pepper
1 1/2 cups water
3/4 cup penne pasta
Grated parmesan cheese for topping



INSTRUCTIONS

To begin, heat oil in a large nonstick skillet over medium-high heat. Add in the sausage and let it cook for about 4-5 minutes, stirring until it is no longer pink. Transfer the sausage to a plate. Add the bell pepper and the onion to the pan, and cook for about 5 minutes until softened, stirring occasionally. Then, stir in the kale, garlic, crushed red pepper and sausage. Cook the dish for about 3 minutes until the kale is wilted. Pour the water in and add the pasta, stirring occasionally and bringing it to a boil. Reduce heat to medium-low, cover the dish and cook for about 8-10 more minutes until the pasta is tender. Lastly, sprinkle it with parmesan and serve immediately.