

Bowtie Pasta with Sausage and Escarole

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Ingredients

6 ounces uncooked pasta, bowties (about 3 cups)
 $\frac{1}{4}$ teaspoon table salt, for cooking pasta
1 teaspoon olive oil
8 ounces uncooked turkey sausage(s), hot Italian variety, casings removed
1 small uncooked onion(s), chopped
4 clove(s), medium garlic clove(s), sliced
8 cup(s) escarole, roughly chopped in bite-size pieces (about 1 head)
 $\frac{3}{4}$ cup(s) canned chicken broth
14 $\frac{1}{2}$ ounces canned diced tomatoes, fire-roasted
1 teaspoon crushed red pepper flakes, or to taste
 $\frac{1}{4}$ cup(s) grated Parmesan cheese, Parmigiano-Reggiano recommended

Method

1. Cook pasta in lightly salted water according to package directions; drain pasta and return to pot.
2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add sausage and onion; cook, breaking up sausage as it cooks, until sausage is lightly browned, about 5 minutes.
3. Add garlic, escarole and broth to skillet; cook, stirring often, until escarole is tender, about 5 minutes. Stir in tomatoes and red pepper flakes; cook until heated through, about 1 minute.
4. Spoon sauce over pasta; toss to coat. Sprinkle with cheese; sprinkle with red pepper flakes (if desired).

Prep

- Total Time: 27 Minutes
- Prep: 15 Minutes
- Cook: 12 Minutes

Source: Weight Watchers (Servings: 6 | Yield: 1 1/2 cups pasta-vegetable mixture and 2 tsp cheese)