

Turkey Sausage, Arugula, and Sun-Dried Tomato Pasta

1 lb turkey sausage, casings removed

12 reconstituted sun-dried tomato halves - it is cheaper to buy the non-oil packed sun-dried tomatoes, simply re-hydrate by soaking the tomatoes in warm water for about a minute

4 garlic cloves

2 Tbsp balsamic vinegar

1 tsp salt

1/2 tsp black pepper

2/3 C olive oil

1 large bunch of arugula - cut into thin strips. You could easily substitute spinach.

1 lb pasta - penne, rigatoni, or bowtie

Boil water in a large pot and cook pasta. Drain.

While the pasta is cooking, combine the sun-dried tomatoes, garlic, vinegar, salt, pepper in a food processor. Blend until well combined. Stream the olive oil into the processor while the machine is running.

Heat about 1 Tbsp of olive oil in a pan and add the turkey sausage. Break into tiny pieces and brown until it is cooked through.

When sausage is done cooking, add chopped arugula and mix together.

In a very large bowl, mix the turkey and arugula mixture, cooked pasta and the sun-dried tomato sauce. Serve warm.

If desired, sprinkle with Parmesan and prepare to be knocked out!