



PASTA WITH PUMPKIN, SAUSAGE AND SPINACH

[from Green Lite Bites](#)

1 small onion chopped
3 cloves of garlic diced
1 package of mild Italian sausage (I used [homemade turkey sausage](#))
1 15oz can of chicken broth (I used [homemade](#))
1 15oz can of pumpkin
1/4 cup of non fat greek yogurt (I used plain yogurt)
1 tsp ground sage
1/8 tsp ground nutmeg
1/4 tsp kosher salt
1/4 tsp fresh ground black pepper
8 oz whole wheat fusilli pasta
About 1/3 of a bag of fresh baby spinach leaves

Cook the pasta according to the package directions.

While waiting for the the water to boil, heat a large skillet over medium-high heat. Spray it with non-stick spray and brown the sausage with the onion and garlic. Once brown, add the chicken broth and bring to a boil.

Lower to medium and add the pumpkin, yogurt, sage, nutmeg, salt and pepper. Stir to combine everything. Keep on medium until the sauce begins to boil again then lower to a simmer.

By this time the pasta should be done. Drain and add to the skillet with the pumpkin and sausage. Stir to coat and combine everything. Add the spinach and stir in until it wilts.

Serve with a sprinkle of Parmesan.

<http://muminbloom.blogspot.com>