

Creamy Spinach & Chicken Sausage Pasta

Servings: 2

Adapted from

<http://budgetbytes.blogspot.com/2013/01/creamy-spinach-sausage-pasta-591-recipe.html>

Ingredients

1/2 package chicken sausage, thinly sliced
1 tsp olive oil
1/2 onion, diced
7 oz diced tomatoes with green chilies
1 cup fat-free, low sodium chicken broth
8 oz pasta (ziti, penne, rotini, or macaroni)
1 1/2 cup fresh spinach
1/2 cup 2% shredded mozzarella cheese
1/4 cup green onions, diced

Preparation

- 1) Heat olive oil in a large skillet over medium heat. Place sliced sausage in skillet and saute until it is browned, about 5-7 minutes. Drain off excess fat.
- 2) Add diced onion to the skillet with sausage; saute until onion has softened (about 5 minutes). Add diced tomatoes with chiles and chicken broth; stir to combine.
- 3) Add uncooked pasta to the skillet and make sure it is all submerged under the liquid. Place a lid on the skillet and bring the mixture to a boil. Once it reaches a boil, turn the heat down to low and let it simmer for about ten minutes, or until the pasta is tender. Stir once or twice while the pasta cooks to keep it from sticking.
- 4) Stir in the fresh spinach until just wilted.
- 5) Sprinkle the shredded cheese on top, replace the lid, and let it sit for a few minutes, or until the cheese is melted. Slice the green onions and sprinkle them over top.