

Pasta with Chicken Sausage, White Beans & Arugula

Servings: 4

Adapted from

<http://www.eatliverun.com/pantry-pasta-with-black-beans-kale-and-spicy-chicken-sausage/>

Ingredients

8 oz bow-tie pasta
1 ounce baby arugula
1 tablespoon olive oil
3 chicken sausage links, sliced
1 teaspoon minced garlic
1/4 teaspoon red pepper flakes
1/2 cup cannellini beans
1/2 cup feta cheese, crumbled
1/4 teaspoon salt
1/4 teaspoon black pepper

Preparation

- 1) Bring a large pot of water to a boil. Cook bow-tie pasta until it is al dente, then drain and set aside.
- 2) Heat the olive oil in a large skillet over medium high heat. Once hot, add the sliced chicken sausage. Cook sausage for about five minutes, until golden on both sides. Then, add the garlic, arugula, red pepper flakes and a sprinkle of salt. Continue sautéing until arugula begins to wilt. Add beans and heat through.
- 3) Add hot pasta to the mixture and stir in feta cheese and pepper.