

Penne with Sausage, Peas and Arugula

My own combination



Servings: 4

1. Bring a large pot of salted water to a boil while you prepare the sauce.
2. In a large skillet add oil and butter over medium-high. When it begins to sizzle, add onion. Reduce heat to medium and saute until onion is fully translucent. Add garlic and cook for about one minute only. Add sausage meat in small pieces and continue to cook until meat has lost all of its pink color. Add Italian herb blend, salt and pepper to taste and red chili flakes.
3. Add pasta to the pot of water and begin a timer so you don't overcook the pasta. Undercook the pasta by about a minute as you will continue to cook it in the pan for a few minutes later.
4. To the meat mixture add heavy cream and stir as the mixture warms. Add the peas and arugula and stir well.
5. Drain the pasta and pour it onto the top of the sausage mixture. Add the well-beaten egg to the pasta and stir it gently until the egg has fully been incorporated into the pasta. Then gently mix the pasta into the sausage mixture.
6. Spoon portions onto heated plates and garnish with the grated cheese. if you have fresh basil, add some on top.

- 1 tablespoon EVOO
- 1 tablespoon butter
- 1 whole yellow onion, minced
- 3 cloves garlic, minced
- 8 ounces Italian sausage, casings removed
- 1 tablespoon Italian herb blend
- 1 pinch red chili flakes
- Salt and pepper to taste
- 1/3 cup heavy cream
- 2/3 cup frozen peas
- 2 cups fresh arugula, chopped, or fresh spinach
- 8 ounces pasta, penne, or other pasta of your choice
- 1 large egg, beaten with a fork
- 1/2 cup Pecorino Romano cheese, shredded

Per Serving (excluding unknown items): 663 Calories; 37g Fat (50.3% calories from fat); 30g Protein; 52g Carbohydrate; 3g Dietary Fiber; 136mg Cholesterol; 742mg Sodium; 5g Total Sugars; 1mcg Vitamin D; 405mg Calcium; 4mg Iron; 394mg Potassium; 451mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com