

Chicken & Sausage One Pot Pasta



This flavorful and hearty pasta dish cooks everything in one pot, making clean up a breeze!

YIELD 8 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

4 tsp	Olive Oil, <u>divided</u>
8 oz	Andouille Sausage, sliced into ¼" thick half moons
1 pound	Chicken thighs, trimmed and cut into bite-sized pieces
1 Tbsp	Salt-free Creole Seasoning
1 each	Onion, julienne (thinly sliced)
1 each	Bell Pepper, julienne (thinly sliced)
4 oz	Mushrooms, thinly sliced
3 cloves	Garlic, minced
½ cup	White Wine
1 (15 oz) can	Crushed Tomatoes
2 ½ cups	Chicken or Vegetable Stock, homemade or unsalted
8 oz	Whole Wheat Penne Pasta
½ tsp	Kosher Salt
4 cups	Baby Spinach, roughly chopped
4 oz	Cream Cheese, low fat
2 Tbsp (½ oz)	Parmesan Cheese, grated
2 tsp	Hot Sauce
¼ tsp	Cayenne Pepper (optional)
2 each	Green Onion, sliced

CHEF'S NOTES

Cooking the pasta with the sauce ingredients isn't just a way to cut down on dirty dishes, it also adds a richer flavor to the pasta!

The andouille sausage also adds an extra layer of umami flavor with some added spices, feel free to swap for your favorite sausage, if desired.

Pair with a side salad for a well-balanced and filling easy weeknight meal!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a small bowl, mix the cut chicken with the creole seasoning and set aside until ready to use.
3. Heat a large saucepot over medium-high heat. Once hot, add 2 tsp olive oil and the sausage. Sauté the sausage until browned, about 2-3 minutes. Using tongs, remove the sausage to a clean bowl and set aside.
4. Add the remaining 2 tsp olive oil and chicken, sautéing until chicken is golden brown and cooked to 165°F, flipping halfway through, about 4 – 5 minutes total. Using tongs, remove cooked chicken and add to the bowl with the sausage.

Directions Continued and Nutrition Facts Found on the Reverse Side

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5. Add onion, bell pepper, and mushrooms to the pot. Sauté until the onions are translucent and lightly browned, about 3 - 4 minutes.
6. Add the garlic and sauté until fragrant, about 30 seconds – 1 minute.
7. Add the wine to the pan. Use a wooden spoon to scrape up any accumulated brown bits.
8. Add the crushed tomatoes, stock, pasta, and salt. Stir to combine. Bring to a boil, then cover. Simmer until sauce is thickened and pasta is al dente, about 8 -10 minutes. In the last two minutes of cooking, add the chicken and sausage back to the pan to warm through.
9. Remove pan from the heat and finish by adding the chopped spinach, cream cheese, hot sauce and parmesan. Stir to combine. Add the cayenne if more spice is desired. Top with chopped green onions before serving.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (341g)
Amount Per Serving	
Calories	370
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 75mg	25%
Sodium 630mg	27%
Total Carbohydrate 31g	11%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 0.1mcg	0%
Calcium 110mg	8%
Iron 3.2mg	20%
Potassium 580mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK, WHEAT

