



# Penne alla Calabrese

*On Top of the World Chefs*

*Ingredients:*

*2 Servings*

- 3 oz olive oil
- 10 oz whole grain cooked penne pasta
- 6 oz loose Italian sausage made into two patties
- ½ tsp minced kalamata olives
- 1 T roasted garlic
- 1 cup sliced mushrooms
- 1 plum tomato, diced
- ½ cup chopped escarole
- 12 oz chicken stock (low sodium)
- 2 T butter
- Salt and pepper to taste

**Directions:** In a sauté pan, heat the olive oil on medium heat until slightly smoky. Next add the patties of Italian sausage and brown on both sides. Next break the patties up into bite size nuggets using tongs. Then add the sliced mushrooms, kalamata olives and escarole and cook until the mushrooms are soft. Add the stock to the pan and then the butter. Reduce slightly and add the pasta, salt, pepper and tomatoes. Cook until the pasta becomes glossy and serve.

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## Amount Per Serving

<b>Calories</b>	889.0
<b>Total Fat</b>	76.8 g
Saturated Fat	16.9 g
Polyunsaturated Fat	6.2 g
Monounsaturated Fat	45.9 g
<b>Cholesterol</b>	43.7 mg
<b>Sodium</b>	634.0 mg
<b>Potassium</b>	604.3 mg
<b>Total Carbohydrate</b>	42.9 g
Dietary Fiber	6.6 g
Sugars	2.6 g
<b>Protein</b>	13.0 g

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