

One-Pot Spinach, Chicken Sausage & Feta Pasta

A little bit of Sunday meal prep goes a long way in this one-dish pasta recipe. The pasta is cooked ahead of time and stored in the fridge to use for meals all week, but any leftover cooked pasta you have on hand will do. Chicken sausage with feta is especially good in this recipe.

Active Time:

20 mins

Total Time:

20 mins

Servings:

4

Yield:

4 servings

Ingredients

- 2 tablespoons olive oil
- 3 links cooked chicken sausage (9 ounces), sliced into rounds
- 1 cup diced onion (see Tip)
- 1 clove garlic, minced
- 1 (8 ounce) can no-salt-added tomato sauce
- 4 cups lightly packed baby spinach (half of a 5-ounce box)
- 6 cups cooked whole-wheat rotini pasta
- ¼ cup chopped pitted Kalamata olives
- ½ cup finely crumbled feta cheese
- ¼ cup chopped fresh basil (Optional)

Directions

1. Heat oil in a large straight-sided skillet over medium-high heat. Add sausage, onion and garlic; cook, stirring often, until the onion is starting to brown, 4 to 6 minutes. Add tomato sauce, spinach, pasta and olives; cook, stirring often, until bubbling hot and the spinach is wilted, 3 to 5 minutes. Add 1 to 2 tablespoons water, if necessary, to keep the pasta from sticking. Stir in feta and basil, if using.

Nutrition Facts (per serving)

487	Calories
20g	Fat
59g	Carbs
23g	Protein

