

Field Roast Italian Sausage Farfalle

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF BEN HOWE

Servings: 2 Serving Size: 8 ounces

Ingredients	Quantity	Measure
Dry farfalle, bowties	$\frac{3}{4}$	Pound
Field Roast Italian Sausage, sliced $\frac{1}{2}$ " thick	2	Each
Marinara	2	Cups
Onion, julienne	$\frac{1}{4}$	Cup
Garlic, minced	$\frac{1}{2}$	Tablespoon
Fennel, julienne	$\frac{1}{4}$	Cup
Suntan pepper, julienne	$\frac{1}{4}$	Cup
Baby kale	2	Cups
Fresh basil, chiffonade	2	Tablespoons
Fresh oregano, chopped	1	Tablespoon
Olive oil	3	Tablespoons

Preparation

1. Sauté onion, suntan pepper, and fennel in olive oil.
2. When tender, add garlic and sauté until fragrant. Add Field Roast Italian Sausage, marinara, and lightly simmer for 10-15 minutes. Season to taste with salt and pepper.
3. Cook and drain farfalle.
4. Stir farfalle and baby kale into sauce, allowing kale to wilt. Finish with basil and oregano.

Nutrition Information *From USDA Nutrient Database

Calories: 1434 Total Fat: 42.4g Saturated Fat: 3.9g Trans Fat: 0g Cholesterol: 0mg Sodium: 1400.3mg
Carbohydrate: 204.1g Fiber: 23.1g Sugar: 11.4g Protein 59.1g