



WHATSheATE



Penne Rigate with Spicy Sausage and Zucchini in Tomato Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes whole canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon thyme dried
- ☐ 3 garlic clove minced
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 6 ounces turkey sausage italian hot
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 cup parmesan divided grated

- ☐ 0.8 cup part-skim mozzarella cheese shredded divided
- ☐ 8 ounces penne pasta uncooked
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 Dash sugar
- ☐ 12 ounces zucchini quartered cut into 1/2-inch slices

Equipment

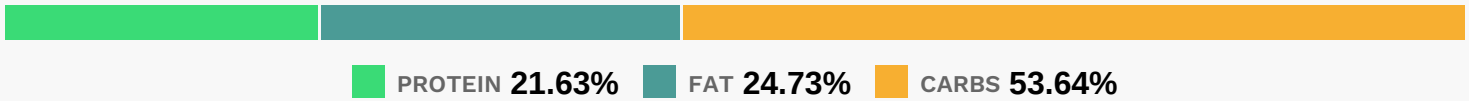
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 37
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain; set aside.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add sausage to pan, and saut for 5 minutes or until browned, stirring to crumble. Using a slotted spoon, remove sausage from pan. Wipe drippings from pan with a paper towel.
- ☐ Add zucchini to pan; saut 3 minutes or until crisp-tender, stirring frequently.
- ☐ Add oregano and next 4 ingredients (through sugar); saut 1 minute, stirring constantly.
- ☐ Add vinegar; cook for 30 seconds or until the liquid evaporates.
- ☐ Drain tomatoes in a sieve over a bowl, reserving 1 cup tomato liquid. Crush tomatoes with hands, and add to zucchini mixture.
- ☐ Add reserved 1 cup tomato liquid; bring to a boil. Reduce heat, and simmer 5 minutes, stirring occasionally.

- ☐ Remove pan from heat; stir in cream.
- ☐ Add pasta and sausage to tomato mixture; stir to combine.
- ☐ Spoon half of pasta mixture into an 11 x 7-inch glass or ceramic baking dish, or divide half evenly among 4 individual dishes coated with cooking spray.
- ☐ Sprinkle 1 ounce mozzarella and 2 tablespoons Parmigiano-Reggiano over pasta. Top with remaining pasta mixture; sprinkle evenly with remaining 2 ounces mozzarella and remaining 2 tablespoons Parmigiano-Reggiano.
- ☐ Bake at 375 for 20 minutes or until browned and bubbly.
- ☐ Wine Match: Highlight the acidic tomatoes and tame the spice with a McManis Family Pinot Grigio (\$10), or pull out the earthy, meaty sausage and herb flavors with a Campo Viejo Rioja Tempranillo (\$10). --Gretchen Roberts

Nutrition Facts



Properties

Glycemic Index:56.77, Glycemic Load:21.8, Inflammation Score:-9, Nutrition Score:28.94173919118%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 467.61kcal (23.38%), Fat: 13.15g (20.23%), Saturated Fat: 6.65g (41.58%), Carbohydrates: 64.18g (21.39%), Net Carbohydrates: 56.86g (20.67%), Sugar: 14.55g (16.17%), Cholesterol: 48.7mg (16.23%), Sodium: 902.28mg (39.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.87g (51.74%), Selenium: 51.68µg (73.83%), Manganese: 1.17mg (58.27%), Vitamin C: 47.34mg (57.38%), Iron: 8.5mg (47.21%), Phosphorus: 432.64mg (43.26%), Vitamin B6: 0.74mg (37.08%), Calcium: 366.73mg (36.67%), Copper: 0.64mg (32.15%), Potassium: 1070.03mg (30.57%), Fiber: 7.32g (29.28%), Vitamin B3: 5.46mg (27.28%), Magnesium: 107.41mg (26.85%), Vitamin B2: 0.4mg (23.4%), Vitamin K: 24.03µg (22.89%), Zinc: 3.35mg (22.35%), Vitamin E: 2.96mg (19.75%), Vitamin A: 977.59IU (19.55%), Vitamin B1: 0.28mg (18.9%), Folate: 65.01µg (16.25%), Vitamin B5: 1.39mg (13.94%), Vitamin B12: 0.44µg (7.37%), Vitamin D: 0.21µg (1.43%)