



Quick Farmer's Market Pasta

READY IN



80 min.

SERVINGS



4

CALORIES



857 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 can artichoke hearts fresh trimmed to the hearts, cut into quarters drained quartered
- ☐ 2 pints cherry tomatoes
- ☐ 0.3 bunch basil leaves fresh
- ☐ 3 cloves garlic fresh peeled finely sliced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.8 cup olive oil extra-virgin as needed plus more
- ☐ 0.3 cup parmesan freshly grated
- ☐ 1 pound penne pasta
- ☐ 0.8 pound loose pork sausage

- ☐ 1 tablespoon sugar
- ☐ 2 small to 3 zucchini sliced

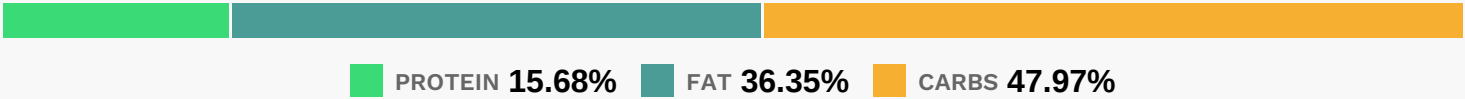
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ stove

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large heavy saute pan add the sliced garlic and the clusters of cherry tomatoes.
- ☐ Drizzle with the olive oil and season with salt and pepper.
- ☐ Put the pan over low-medium heat on the stove top and cook slowly until the tomatoes are just about falling apart and their juices have been extracted into the olive oil forming a nice sauce, about 35 to 40 minutes.
- ☐ Bring a large pot of salted water to a boil over medium heat.
- ☐ Add the pasta and cook until al dente. Reserve 2 to 3 clusters of roasted tomatoes for garnish. Discard the vine stems and puree or squash the remaining tomatoes in the pan, with a spoon, so you have nice chunky pieces of tomato in all the delicious tomato juice and olive oil. Stir in the sugar. This will be the sauce for the pasta.
- ☐ In a large saute pan heat a 3-count of olive oil and saute the loose pork sausage until brown and caramelized.
- ☐ Remove and set aside on a plate while you cook the zucchini. To the same pan add some more olive oil and saute the zucchini until caramelized around the edges, about 2 minutes.
- ☐ Add the artichokes and cook for 2 to 3 more minutes.
- ☐ Add the sausage back to the pan and toss in pasta and the tomato sauce.
- ☐ Mix well over high heat to ensure everything is heated through and evenly coated.
- ☐ Transfer to a serving bowl or platter.
- ☐ To serve, sprinkle with Parmesan, basil leaves and top with a cluster of roasted cherry tomatoes.

Nutrition Facts



Properties

Glycemic Index:78.52, Glycemic Load:36.6, Inflammation Score:-9, Nutrition Score:31.417391528254%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 857.09kcal (42.85%), Fat: 34.47g (53.03%), Saturated Fat: 10.03g (62.67%), Carbohydrates: 102.32g (34.11%), Net Carbohydrates: 95.44g (34.7%), Sugar: 13.92g (15.47%), Cholesterol: 65.49mg (21.83%), Sodium: 900.73mg (39.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.45g (66.9%), Selenium: 74.72µg (106.74%), Vitamin C: 65.89mg (79.87%), Manganese: 1.45mg (72.72%), Phosphorus: 465.06mg (46.51%), Vitamin B3: 7.49mg (37.45%), Vitamin B6: 0.74mg (36.95%), Potassium: 1151.27mg (32.89%), Vitamin B1: 0.45mg (30.33%), Copper: 0.6mg (30.24%), Vitamin A: 1414.64IU (28.29%), Zinc: 4.17mg (27.79%), Fiber: 6.88g (27.52%), Magnesium: 107.72mg (26.93%), Iron: 4.41mg (24.48%), Vitamin E: 2.87mg (19.13%), Vitamin B2: 0.3mg (17.86%), Folate: 67.04µg (16.76%), Vitamin K: 16.87µg (16.07%), Vitamin B5: 1.53mg (15.29%), Calcium: 146.44mg (14.64%), Vitamin B12: 0.8µg (13.3%), Vitamin D: 1.14µg (7.58%)