

# Penne with Sausage and Chard

From – *wholeliving.com*

12 ounces whole-wheat penne  
2 Tbsp olive oil  
 $\frac{3}{4}$  pound chicken sausage - removed from casing  
1 bunch chard, stems and leaves chopped separately  
9 ounces frozen artichoke hearts – thawed  
3 cloves garlic – minced  
 $\frac{1}{3}$  cup sun-dried tomatoes – sliced  
1 Tbsp tomato paste  
 $\frac{3}{4}$  cup grated Parmesan  
 $\frac{1}{3}$  cup chopped fresh basil  
 $\frac{1}{4}$  tsp red pepper flakes  
salt & pepper

- Set a large pot of salted water to boil for pasta.
- Heat 1 Tbsp oil over medium heat in a large skillet.
- Add sausage to skillet and cook stirring occasionally and breaking sausage into pieces, until cooked through and slightly browned, 10-12 minutes.
- Add remaining oil, chard stems, artichoke hearts, garlic, salt and pepper. Cook until chard stems soften slightly, 3-5 minutes.
- Add chard leaves and stir till wilted 3-5 minutes then remove from heat.
- Cook pasta al dente adding sun-dried tomatoes 2 minutes before pasta is done.
- Reserve 1 cup of pasta water and drain pasta and return pasta to pot.
- Pour half of reserved pasta water into a small bowl and add tomato paste whisking to combine.
- Add tomato paste mixture, sausage mixture, Parmesan, basil and red pepper flakes to pasta in pot and toss to combine.
- Add reserved pasta water if necessary.



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