

SAUSAGE AND PASTA

1 tsp olive oil

8oz kielbasa or sausage

4 cloves crushed garlic

~6-8 cu spinach

$\frac{3}{4}$ cup chicken broth

1 can diced tomatoes

1tsp red pepper flakes (optional)

Grated parm on top

~4cu bowtie pasta

Cook pasta

Heat oil in skillet, cook sausage

Add garlic....then spinach and broth Cook until greens wilt

Add tomato and red pepper flake...cook ~2-3 mins

Toss w/pasta

Add parm on top and serve