

Creamy Sausage Rigatoni

Ingredients:

- 1 TBS olive oil
- 16 oz ground sweet Italian chicken sausage - *I buy at Sprouts (can also use pork if desired)*
- 8 oz rigatoni uncooked
- 2 cups chicken broth
- 1 15 oz can diced tomatoes
- 1 cup plain greek yogurt
- 4 cloves garlic minced
- 1 teaspoon Italian seasoning
- 15 oz jar of marinara sauce
- 6 oz fresh spinach

Directions

1. Heat 1 TBS of olive oil over medium heat in a large skillet.
2. Add ground sausage and cook on medium heat for about 5 minutes. Add minced garlic, and cook for 1-2 minutes.
3. To the same skillet with sausage, add uncooked rigatoni, chicken broth, Italian seasoning, marinara and diced tomatoes.
4. Bring to a boil on medium heat and stir everything well. Cover with a lid, and allow the pasta to cook for about 10 to 15 minutes on medium heat, while the sauce simmers. Stir occasionally
5. Turn heat to low. Mix about $\frac{1}{4}$ cup of the hot liquid with greek yogurt in a glass measuring cup. This will temper the greek yogurt, and prevent it from curdling. Add mixture to the skillet and mix gently.
6. Add fresh spinach, and cook on medium heat, stirring frequently for a couple of minutes, until the spinach wilts
7. Remove from heat, top with fresh parmesan cheese, and enjoy!

MADE WITH LOVE

by Teresa Forchard