linguine with cantaloupe and sausage



APRON'S ADVICE

Complete your meal with a crusty baguette and a fruit tart for dessert. You can use a food processor to chop the cantaloupe into very fine pieces. Use 1/4 cup plain low-fat yogurt instead of the 1/2 cup heavy cream to reduce calories.

SHOPPING LIST

Dairy

1/2 cup heavy cream1/4 cup shredded Romano/Parmesan cheese

Dry Grocery

8 oz linguini pasta 1/8 tsp red pepper flakes (optional) 1 tsp tomato paste

Mea

6 oz (2-3 links) chicken (or pork) Italian sausage

Produce

2 cups (3 oz) baby arugula leaves 3 cups cantaloupe chunks 1-oz bag fresh basil 2 lemons

From Your Pantry

1/2 tsp kosher salt



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COOKING SEQUENCE

- Begin prep steps for sauce; begin sauce 5 minute
- Boil pasta and complete sauce; serve 20 minute

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INGREDIENTS

1/4 cup fresh basil, coarsely chopped

3 cups cantaloupe chunks

6 oz chicken (or pork) Italian sausage (2–3

links)

8 oz linguini pasta

1/2 cup heavy cream

2 tablespoons fresh lemon juice

1 teaspoon tomato paste 1/2 teaspoon kosher salt

1/4 teaspoon pepper

1/8 teaspoon red pepper flakes (optional)

2 cups baby arugula leaves (3 oz)

1/4 cup shredded Romano/Parmesan

cheese

PREP

- Chop basil.
- Chop cantaloupe very finely.
- Bring water to a boil on high for pasta.

STEPS

- 1. Preheat large sauté pan on medium 2–3 minutes. Remove casing from sausage (wash hands). Place sausage in pan; cook 3–4 minutes, stirring to crumble meat, or until no pink remains. Remove sausage from pan.
- 2. Place cantaloupe in same pan; cook and stir 8–10 minutes until most of the liquid has evaporated and the melon is smooth.
- 3. Cook pasta following package instructions.
- 4. Stir cream, lemon juice, tomato paste, salt, pepper, and red pepper into cantaloupe; cook and stir 1–2 minutes or until sauce has reduced by about one-half.
- 5. Stir in basil, arugula, sausage, and pasta. Top with cheese; serve.

CALORIES (per 1/4 recipe) 460kcal; FAT 17g; CHOL 80mg; SODIUM 670mg; CARB 56g; FIBER 4g; PROTEIN 21g; VIT A 110%; VIT C 90%; CALC 15%; IRON 20%