

Parmesan Rice with Spinach, Mushrooms and Turkey Sausage

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Servings: 4

3 tablespoons extra-virgin olive oil, divided

10 ounces baby spinach

1 package (8 ounce) sliced cremini mushrooms

Kosher salt

8 ounces fresh (raw) hot Italian turkey sausage, casings removed

1 pinch red pepper flakes

3 tablespoons tomato paste

1 cup reduced-sodium chicken broth

2 pouches (8.8 ounce ea) precooked brown rice

1 cup (4 ounces) Parmesan cheese, finely grated

Parmesan cheese (for topping)

Heat one tablespoon of oil in a large ovenproof skillet over medium-high heat. Add half the spinach and one tablespoon of water. Cover and let wilt, stirring once or twice, about 2 minutes. Stir in the remaining spinach, cover and let wilt, stirring if necessary, if necessary. Transfer to a large bowl.

Add one tablespoon of oil to the skillet and warm over medium-high heat. Add the mushrooms. Season with salt and saute' until the mushroom's liquid releases and then evaporates and the mushrooms brown slightly, about 5 minutes. Add the mushrooms to the bowl with the spinach.

Preheat the broiler to high. Add the remaining one tablespoon of oil to the skillet and reduce the heat to medium. Add the sausage and cook, stirring to crumble, until no longer pink, about 3 minutes. Season with red pepper. Stir in the tomato paste and cook, stirring, for 1 minute. Add the broth and rice. Bring to a simmer. Return the vegetables to the pan along with the Parmesan cheese. Season with salt.

Sprinkle more Parmesan over the top and heat the skillet under the broiler until the cheese is melted and bubbly, about 2 minutes.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 105 Calories; 11g Fat (87.5% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 120mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	105	Vitamin B6 (mg):	trace
% Calories from Fat:	87.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	8.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	11g	Folacin (mcg):	3mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	1mg	% Refuse:	0.0%
Carbohydrate (g):	2g		
Dietary Fiber (g):	1g		
Protein (g):	1g		
Sodium (mg):	120mg		
Potassium (mg):	116mg		
Calcium (mg):	22mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	311IU		
Vitamin A (r.e.):	33RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 105 Calories from Fat: 92

% Daily Values*

Total Fat 11g	16%
Saturated Fat 2g	8%
Cholesterol 1mg	0%
Sodium 120mg	5%
Total Carbohydrates 2g	1%
Dietary Fiber 1g	2%
Protein 1g	

Vitamin A	6%
Vitamin C	9%
Calcium	2%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.