**Spiral Pasta with Italian Sausage and Spinach**

**Produce**

garlic (if needed)

yellow onion (if needed)

red or green leaf lettuce (if needed)

1 bag baby spinach

cucumber (if needed)

one 9 oz. package cremini mushrooms

cherry tomatoes (if needed)

**Canned/Dried Foods**

spiral pasta of choice

one 15 oz. can of no salt tomato sauce

one 15 oz. can regular tomato sauce

pitted Kalamata olives (if needed)

dry basil leaves (if needed)

dry oregano leaves (if needed)

Tabasco sauce (if needed)

red wine to cook with (if needed)

**Meat/Fish/Poultry**

1 turkey Italian sausage (if eating meat)

**Chilled Foods/Dairy**

shredded Parmesan (if needed)  
  
plant-based Field Roast Apple Sausage or equivalent product (if meatless)