

Fusilli with Pumpkin and Sausage and the Greatest Tomatoes From Europe

november 17th, 2019 | 7 comments


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Fusilli with pumpkin and sausage is a quick and easy recipe that is perfect for cooler weather weeknights! Just be sure to use the best quality ingredients, including the greatest tomatoes from Europe!



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Meet Christina



A Scottish Italian cook living in Los Angeles, Christina is usually cooking, baking or (cr)eating something scrumptious. When she isn't in the kitchen, she loves to travel, near and far, as long as good food is involved. Christina is on a mission to save authentic Italian dishes from extinction, and is constantly promoting Scottish (and British) food as some of the best cuisine the world has to offer—one steak pie and sticky toffee pudding at a time.



Newsletter



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Newsletter





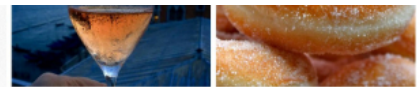
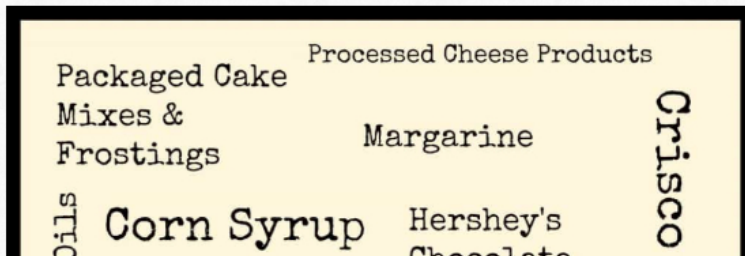
For 8 years now, I've been saying the same thing, "Use the best quality ingredients you can find." I'll be saying the same thing for the next 8 years, and the next 16 years!

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That won't change on my end, but have you been making any changes in your kitchen? I'm constantly on the hunt for the best ingredients I can use.



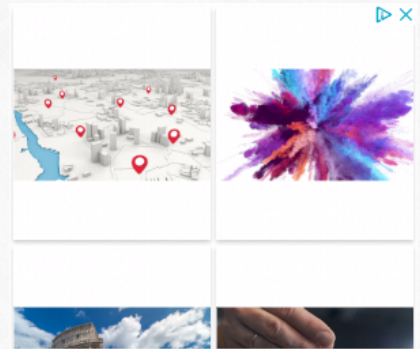
Years ago I wrote a post about a few ingredients that I feel (yes, it's my opinion) no one should have in their kitchen. [You'll find it here.](#)



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Hydrogenated (Aspartame)
Chocolate Flavored Syrup
Cool Whip
Faux "Maple" Syrups

One of my biggest soap box rants was about tomatoes, and tomato sauce. Oh yes, I really had my biggest diatribe [here](#) when I saw a "recipe" for tomato sauce and almost had a heart attack. I followed that post with my Italian family's recipe for a [super quick and easy tomato sauce](#) that's ready before the pasta is.



Today, I'd like to introduce you to a campaign I'm joining to tell the world about—

The Greatest Tomatoes from Europe



The art of perfection. Preserved for your table.

This last sentence is gold. This exemplifies what the Greatest Tomatoes from Europe is about: the best quality tomatoes for YOU to use in your kitchen, for YOUR family and friends. I don't use anything but canned and jar tomatoes from Europe. Hopefully, over the course of the campaign, you'll understand why I have chosen European tomatoes.

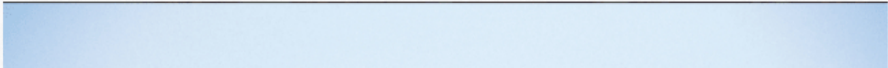




Photo courtesy Greatest Tomatoes from Europe

Besides being the tomatoes that my ancestors and family have always used, the nutrition and quality is excellent, not just the flavor. From the Greatest Tomatoes from Europe website–

“Tomatoes are naturally low in sugars and fats but rich in vitamin A, vitamin C, potassium, minerals, fibres and antioxidants like lycopene, making them a concentrated burst of beneficial substances.”

However, certain tomatoes have more nutrients than others depending on the soil where they are grown. Did you know that?



Photo courtesy Greatest Tomatoes from Europe

ANICAV (as best as I can translate into English, the National Association of Industrial Preservation of Vegetable Products”) came into being on August 18th, 1945 to protect the interests and well being of companies that were producing vegetable products during wartime.

“ANICAV was one of the first associations to draw up a handbook of good hygiene practices for the production of canned tomatoes, approved by the Italian Ministry of Health, to help tomato-processing companies in preparing their HACCP manuals.”





Many times, canned tomatoes are better quality than using fresh when they are out of season. I can't possibly outline all the information about European tomatoes in one post, so stay tuned for much more. I hope you'll be interested in the history and background of these top notch tomatoes as well as discovering how they are grown, harvested and processed.

In the meantime, enjoy this recipe which I slightly adapted from The Greatest Tomatoes from Europe's list of wonderful recipes. This fusilli with pumpkin and sausage dish is one you can make in just over half an hour and the whole family will love it—I did!

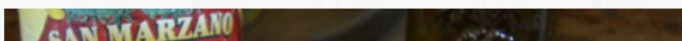


Fusilli with Pumpkin and Sausage

recipe slightly adapted from The Greatest Tomatoes from Europe

Ingredients

- 2 tablespoons [extra-virgin olive oil](#)
- 2 or 3 garlic cloves
- 1 1/2 cups (200 g) pumpkin, cubed (1/4" just a bit bigger than 1/2 cm)
- 2 to 3 Italian sausages (mild or spicy)
- 8 oz chopped tomatoes or tomato puree (good quality from Europe)
- 4 to 6 oz water
- Kosher or sea salt
- Freshly ground black pepper
- chopped parsley as a garnish if desired
- shaved Parmigiano or Pecorino cheese, if desired





Make the sauce

Add the peeled and smashed garlic (hit it with the flat side of a knife) to a frying pan with the extra virgin olive oil, then add the diced pumpkin and skinned sausages.



Use a wooden spoon to chop the sausage into small pieces as it cooks.



Let them brown for about 5 minutes and then add salt, black pepper, and the chopped tomatoes, and the water, and simmer for about 20 minutes.





Taste, and adjust the seasonings if needed.



Cook the fusilli



Cook the pasta in large pot with a plentiful amount of salted water. You can start the pasta cooking when the sauce has about 10 minutes left to save time.

Combine and serve.



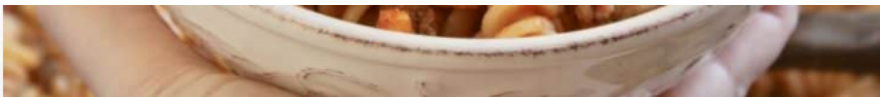
When the pasta is al dente (still a little hard when you bit into it) drain with a [slotted spoon](#) and add directly to the frying pan with the sauce.



Toss the pasta with the sauce and serve immediately. You can sprinkle some chopped parsley and Parmigiano or Pecorino cheese, if you desire.

Fusilli with pumpkin and sausage is delicious and nutritious!





Buon appetito!



YIELD: 5 SERVINGS

Fusilli with Pumpkin and Sausage

A quick and easy pasta dish with pumpkin, sausage and tomatoes that is as delicious as it is nutritious.



No Ratings

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PREP TIME

10 minutes

COOK TIME

25 minutes

TOTAL TIME

35 minutes

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- 2 or 3 garlic cloves
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Nutrition Information: YIELD: 5 SERVING SIZE: 1

Amount Per Serving: CALORIES: 340 TOTAL FAT: 25g SATURATED FAT: 9g TRANS FAT: 0g UNSATURATED FAT: 16g CHOLESTEROL: 49mg SODIUM: 916mg CARBOHYDRATES: 12g NET CARBOHYDRATES: 0g FIBER: 2g SUGAR: 5g SUGAR ALCOHOLS: 0g PROTEIN: 17g
Nutrition information is estimated.

© slightly adapted by Christina Conte

CUISINE: Italian / CATEGORY: Main Course

Read more about [The Greatest Tomatoes from Europe!](#)



Christina



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Valentina says:

November 18, 2019 at 7:36 pm

Christina, this recipe looks fabulous! More importantly though, I love your information about tomatoes, and I went back and just read your post "How Not to Make Tomato Sauce." Forgive me, because I might be missing it — what brand of European tomatoes do you use? I went to

REPLY

Christina says:

November 18, 2019 at 8:07 pm

The Greatest Tomatoes from Europe represent [so many companies](#) included here, but you'd have to go to each website to see the names of the brands. I use Mutti, Cento, and Divella for a few examples. If it has DOP on the label you're safe. :)

REPLY

Valentina says:

November 19, 2019 at 5:47 pm

Thank you, my friend! :-)

REPLY

Molly H. says:

November 18, 2019 at 7:15 pm

Wouldn't have thought to put pumpkin, but would love to try with the tomatoes from Europe! Always looking for new recipes.

REPLY

Christina says:

November 18, 2019 at 7:20 pm

Great, Molly! I'm sure you'll see and taste the difference! Enjoy! CC

REPLY

Mimi says:

November 17, 2019 at 4:46 pm

Oh wow. I was just going to mention that I saw something so similar in the outback, at Uluru, and then you said that! Very cool! It was really really surreal and beautiful. I love this pasta of yours. I assumed you were using pureed pumpkin, which I've done endless times, and it's yummy prepared various ways, but I didn't expect you to include it cubes! Love it! What great texture and it's so pretty!

REPLY

Christina says:

November 18, 2019 at 9:44 am

That's so great that you were able to see the installation at Uluru, Mimi! Thanks so much, it is truly a great recipe, thanks to the Greatest Tomatoes from Europe website!

REPLY

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