Ingredients
- 1/2 pound lean hamburger
- 3/4 Tbsp red pepper flakes
- 1/4 tsp salt
- 1/8 tsp ground coriander
- 1/8 tsp ground cumin
- 1/4 tsp dried oregano
- 1 garlic clove minced
- 1 red pepper
- 1 Roma tomato
- 1 tsp chili powder
- 1 garlic clove minced
- 1/2 cup Prego Pesto Marinara sauce
- 6 chopped fresh sage leaves
- good handful of watercress leaves (if you cannot find watercress, baby spinach leaves will work the same)
- 1 cup dry whole wheat penne pasta

Directions
1. Use a small food processor, pulse the red pepper flakes, salt, ground coriander, ground cumin, dried oregano, and 1 garlic clove together. When completed, the mixture should look crumbly. Add the spice mixture to thawed lean hamburger and mix thoroughly.
2. Heat a pot of water on the stove for cooking the pasta. Once the pot of water is boiling, add one cup of penne pasta and cook for 9 minutes.
3. Brown the hamburger in a frying pan using medium to medium high heat.
4. Wash and chop the red pepper and Roma tomato. Chop the sage leaves.
5. Once the hamburger is cooked, add the red pepper, Roma tomato, 1 tsp of chili powder, and 1 minced garlic clove. Cook until the red pepper and tomato are soft. Add 1/2 cup of the pesto marinara sauce and the chopped sage leaves.
6. Drain the cooked penne pasta using a colander and add to the frying pan. Mix the pasta in with the meat and vegetables. Turn off the heat and take a generous handful of watercress, mix into the pan, and let the watercress wilt.
7. Serve and enjoy.