

Parmesan Sausage Broccoli Pasta

Yield: 6 servings

Ingredients:

- 16 oz (1 box) dried pasta (try quinoa or chickpea pasta)
- 3 cups broccolini or arugula chopped
- 2 tbsp extra virgin olive oil
- 1 tbsp butter
- 4 cloves garlic, diced or 2-3 tbsp minced garlic
- ½ onion, chopped
- 2-4 pre-cooked chicken or turkey sausages, cut into rounds (AmyLu[®], Applegate Farms[®], Al Fresco[®] brands)
- ¼ cup Parmesan cheese
- ¼-½ teaspoon red pepper flakes
- Optional seasonings: salt, pepper, chopped basil

Directions:

1. Cook pasta in salted boiling water. During the last minute while the pasta is cooking, add in the chopped broccolini. Strain pasta and broccolini and keep warm.

(continued)

Directions:

2. In the same pot, heat the olive oil and butter. Add in the garlic and onion, cooking until the onion is translucent, stirring constantly. Season with red pepper flakes and any other optional seasonings.
3. Add in the sausage to warm up and then mix the pasta mixture back into the pot. Stir in the Parmesan and taste to check the seasonings, adding more to taste.

Nutrition Facts: (per serving/calculated using 3 links of Al Fresco® chicken sausage)

Calories: 451 • Fat: 14g • Sodium: 312mg

Carbohydrates: 60g • Dietary Fiber: 3g • Protein: 20g

Source:

Modified from *www.apple-of-my-eye.com*



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