

## Orecchiette With Chicken Sausage and Broccoli Rabe

Serves 6/serving size 1 ½ cups

### Ingredients

1 large bunch broccoli rabe, washed and 2" trimmed off stems	10 oz. orecchiette
1 lb. lean chicken sausage, removed from casing	1 cup pasta water (water used to cook pasta)
1 tsp. olive oil	¼ cup grated Parmigiano Reggiano
5–6 cloves garlic, chopped	Crushed red pepper flakes (optional)

### Preparation

Cut broccoli rabe in quarters. Bring a large pot of water to boil. When it comes to a rolling boil, add broccoli rabe. Blanch for 1 ½ –2 minutes, drain and set aside in a colander. Refill pot with water and bring back to a boil. Add pasta and cook according to package directions for *al dente*.

In a large, deep sauté pan, brown the sausage on medium heat, breaking up into small pieces as it cooks. When it is completely cooked through, set it aside in a dish or a bowl.

Increase the heat to medium high, and add the olive oil to the pan. When hot, add garlic and cook until golden brown (don't burn). Return broccoli rabe to the pan, mix well with the garlic and oil, season with salt and pepper, and cook for about a minute. Return cooked sausage to the pan and mix well.

Drain the pasta and add it to the broccoli rabe. Reduce heat, and stir for about 30 seconds. Add saved pasta water, parmesan cheese and red pepper flakes (if being used). Adjust salt and pepper to taste and toss for another 30 seconds so that everything is mixed well and the pasta is coated with the sauce. Remove from heat and add to a large pasta dish or divide equally among six pasta bowls.

Serve with additional grated cheese, if you desire.

