

Broccoli and Sausage Cavatelli

Serves 8

1 pound Italian chicken sausage
1 t. olive oil
4 cloves garlic; minced
1 cup low sodium, low fat chicken broth
1 lb whole wheat cavatelli pasta
1 lb broccoli florets (frozen or fresh)
½ teaspoon crushed red pepper flakes
¼ c grated parmesan cheese



1. Put water on to boil for pasta – remember to salt your water with kosher salt! Cook pasta according to package instructions – 3 minutes before pasta is done cooking add broccoli to the water; drain when done
2. In a skillet heat olive oil and then cook garlic until golden brown (1 minute)
3. cut sausage into coin shapes about ¼ " thick – cook until cooked through – 3-4 minutes
4. Add chicken stock and bring to a simmer, cook down (3-4 minutes)
5. Add pasta and broccoli and red pepper flakes
6. Toss in parmesan cheese and serve!

Nutrition Information per Serving:

344 calories
12 g total fat
44 g carbohydrate
6 g fiber
18 g protein