

Pasta with Broccoli and Turkey Sausage

INGREDIENTS:

- ½ Organic sweet or spicy turkey sausage, cut into chunks and casing removed, broken into pieces.
- 1 Bunch of broccoli, washed and roughly chopped.
- 4 Garlic cloves, slivered.
- ¼ - ½ Cup of olive oil.
- 1 Pound of pasta of your choice.

*Always look for sausage and other cured meats that are free of nitrates.

* Make it fun by letting your child choose a pasta shape. It is empowering, and making some food choices makes them more invested in mealtime, which can lead to healthier eating.

PREPARATION:

Fill a large pot with 2 inches of water. Bring to a boil. Place chopped broccoli into the steamer basket. Cover and steam for 7-10 minutes. In another large pot, cook pasta per package instructions. While broccoli is steaming, place ¼ cup olive oil in a large sauté pan with garlic over low heat. Sauté for a couple of minutes, then add sausage and break into smaller pieces. Check to see if the pasta and broccoli are tender. When sausage is cooked thoroughly, add broccoli and simmer for 2-3 minutes. Toss with drained pasta, using a bit of the pasta water or olive oil if it is too dry. Serve. (Optional: Sprinkle some grated Daiya cheese on top).

NOTES FROM THE COOK: