



Sausage Orecchiette Pasta

TOTAL TIME: Prep/Total Time: 25 min.

YIELD: 6 servings.

I adapted this orecchiette pasta recipe to be like my favorite Italian restaurant version, only lighter—and tastier. I often use spicy sausage and broccoli rabe. —Melanie Tritten, Charlotte, North Carolina

Ingredients

4 cups uncooked orecchiette or small tube pasta

1 package (19-1/2 ounces) Italian turkey sausage links, casings removed

3 garlic cloves, minced

1 cup white wine or chicken broth

4 cups small fresh broccoli florets

1 can (14-1/2 ounces) diced tomatoes, drained

1/3 cup grated or shredded Parmesan cheese

Directions

1. Cook pasta according to package directions. Meanwhile, in a large skillet, cook sausage over medium heat 6-8 minutes or until no longer pink, breaking into crumbles. Add garlic; cook 1 minute longer. Add wine, stirring to loosen browned bits from pan. Bring to a boil; cook 1-2 minutes or until liquid is reduced by half.

2. Stir in broccoli and tomatoes. Reduce heat; simmer, covered, 4-6 minutes or until broccoli is crisp-tender. Drain pasta; add to skillet and toss to coat. Serve with cheese.

Nutrition Facts

1-2/3 cups: 363 calories, 8g fat (2g saturated fat), 38mg cholesterol, 571mg sodium, 48g carbohydrate (4g sugars, 5g fiber), 20g protein. **Diabetic Exchanges:** 3 lean meat, 2-1/2 starch, 1 vegetable.