



## **ITALIAN SAUSAGE & BROCCOLI RABE WITH PENNE**

Delicious and simple!

### **INGREDIENTS**

- 1 (16 oz) box penne pasta
- 1 lb hot Italian sausage links, cut into 1" pieces
- 3 cloves garlic, minced
- 1 T crushed red pepper flakes
- 1 lb broccoli rabe, cut into 1½" lengths
- 2 T grated Parmesan cheese
- ½ cup pasta boiling water
- ¼ cup grated Parmesan cheese
- salt and pepper to taste



### **INSTRUCTIONS**

1. Cook the pasta, reserving 1/2 cup of the water.
2. Meanwhile, heat a large skillet over medium-high heat. Cook and stir the sausage pieces, garlic, and red pepper flakes in the hot pan until the sausage is no longer pink on the outside, about 4 minutes. Stir in the broccoli rabe and 2 tablespoons Parmesan cheese. Pour in the reserved 1/2 cup of pasta boiling water. Cover, and cook until the sausage is no longer pink in the center and the broccoli rabe is tender, 5 to 7 minutes.
3. Stir the cooked pasta, broccoli rabe, and ¼ cup Parmesan cheese together until evenly mixed. Season to taste with salt and pepper to serve.

### **Note:**

You can substitute mild Italian sausage for this recipe.

If it's too much spice, you can cut the crushed red pepper down to 2 tsp as well.