

Level: Bachelor's

RECIPE 1

Penne Pasta Toss

This recipe uses a simple pan sauce, and much of the flavor comes from the sausage. You'll use the chicken broth to deglaze the pan. Deglazing simply means adding liquid to a hot pan to loosen the flavorful browned bits on the bottom of the pan and incorporate them into your sauce (it also makes the pan easy to clean). Substitute any type of short pasta, such as orecchiette or cavatappi; swap mild sausage for the hot version, if you prefer tamer heat; or use a different vegetable, such as cauliflower or broccoli rabe.

Ingredients

- 3 quarts water
- 2 teaspoons salt
- 12 ounces uncooked penne pasta (about 3 1/2 cups)
- 1 pound broccoli florets, trimmed and cut into bite-sized pieces
- Cooking spray
- 1/2 pound hot Italian sausage (about 2 links)
- 1 garlic clove, minced
- 1/2 cup low-sodium chicken broth
- 1/4 teaspoon black pepper
- 1/2 cup (2 ounces) grated pecorino Romano or Parmesan cheese

Bring water to a boil in a large pot. Add salt and pasta to pan. Cover pan briefly until water returns to a boil. Uncover pan, stir pasta, and cook 8 minutes. Add broccoli to pan. Cook an additional 3 minutes, or until pasta is *al dente*. Drain.

While the pasta cooks, heat a large sauté pan or frying pan over medium heat. Coat pan with cooking spray. Remove sausage from casings and add to pan. Cook 4 minutes or until browned, stirring with a spoon to crumble the sausage. Add garlic; cook 30 seconds. Add broth, scraping the pan to loosen any

The Dish

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browned bits sticking to the bottom. Stir in pepper. Cook 5 minutes. Add cooked pasta and broccoli; toss to combine. Serve with cheese. **Yield: 4-6 servings.**

Healthy Substitute

To boost the fiber in this dish, use a legume-based pasta (like Barilla Plus) or wholegrain noodles. The hearty texture of these pastas work well with the sausage and broccoli. Whole grain pastas take longer to cook. Check the package directions and add the broccoli to the pan during the last 3 minutes of cooking.