

SAUTEED BROCCOLI RABE, SAUSAGE AND PASTA

2 pounds broccoli rabe (about 2 medium bunches), trimmed at twist tie
1 1/2 pounds sweet Italian sausage links, removed from casing
5 tablespoons extra-virgin olive oil
5 garlic cloves, chopped
Red Pepper Flakes
Water

Blanch the broccoli rabe in a large pot of boiling salted water (3 tablespoons salt for 6 quarts water), uncovered, until tender, about 3-4 minutes. Drain, place in a large bowl of ice water to stop cooking. Squeeze out excess water from handfuls of broccoli rabe.

Chop Broccoli Rabe into 1-2 inch pieces. Remove sausage from casing. Heat a large skillet over medium heat and cook sausage with a little olive oil. 5 minutes or so. Use a potato masher to further crumble the sausage into small pieces.. Add broccoli rabe, to pan with sausage. Add a few swirls of additional olive oil, add salt, red pepper flakes and garlic. Continue to stir and cook for an additional 3-4 minutes. Taste for additional seasoning if necessary. Add your drained pasta to your skillet with the Broccoli Rabe, combine well. Add a bit of pasta water to the skillet and a few drizzles of olive oil, combine again and taste one more time for additional seasoning if necessary. Serve with grated Parmesan or Romano.

Note: Broccoli rabe can be cooked 1 day ahead and chilled. You may not need all of the Broccoli Rabe, reserve some if you prefer for another recipe.

Pasta Version

1 lb pasta – gluten free, regular, your choice

Cook your favorite pasta until al dente, drain and reserve a bit of the pasta water.