



Broccoli Rabe & Turkey Sausage

Ingredients:

1/2 lb white rice

2 cups chicken stock

2 oz olive oil

5 cloves garlic, chopped

1 bunch broccoli rabe

1/2 lb turkey sausage

salt and pepper to taste

10 grape tomatoes, halved.

Directions:

Bring 2 cups of chicken stock to a boil and add rice. Cook for about 20 minutes until liquid is absorbed. Blanche broccoli rabe in salted boiling water for 1 minute, remove and pat dry. Set aside.

In a large pan, heat the oil with garlic.

Slice turkey sausage and fry in hot oil until browned.

Add in broccoli rabe with salt and pepper and mix well.

Add grape tomatoes and serve hot.

