

Chicken Sausage, Broccoli Rabe with Quinoa



PREP TIME:
15 MINUTES

COOK TIME:
15 MINUTES

TOTAL TIME:
30 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

Chicken Sausage Ingredients:

- 12 oz. Organic Chicken Sausage Links Slice Long & Cut in Thirds (*used Wegman's Mushroom Herb Flavor*)
- 3 Garlic Cloves - Minced
- ¼ of Medium Red Onion - Chopped
- 2 TBSP Olive Oil
- ½ TSP Sea Salt
- ¼ Cup Vegetable or Chicken Broth

Broccoli Rabe Ingredients:

- 1 Bunch Broccoli Rabe – Rinsed & Roughly Chopped
- 1 TBSP Extra Virgin Olive Oil
- 1 Garlic Clove - Minced
- ½ TSP Himalayan Sea Salt
- ½ Cup Vegetable Broth

Quinoa: Prepare According to Directions on Package

Chicken Sausage Instructions:

1. In large frying pan, add olive oil and heat on medium. Once warm, add onion and sauté until softens – about 5-7 minutes.
2. Add garlic and cook another 2 minutes. Add broth to pan.
3. Toss in sausage. Season with sea salt.
4. Let simmer on low for 8-10 minutes – until sausage is cooked through. Remove from heat.

Broccoli Rabe Instructions:

1. In medium sized pot, add 2 cups water and come to boil.
2. Once boiling, add broccoli rabe – blanch for 1 ½ - 2 minutes. Don't overcook. Do fork test and make sure cooked but not too soft.
3. Drain broccoli rabe and reserve about ½ cup liquid from pot. Add rabe & reserved water back to pot.

4. Add olive oil and garlic - cook another 2 minutes. Add broth and sea salt. Adjust salt as needed.

***Try and use all organic ingredients if possible.**

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