

Hearts of Palm Chicken Sausage



PREP TIME:
10 MINUTES

COOK TIME:
25 MINUTES

TOTAL TIME:
35 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

Ingredients:

- 1 TBSP Extra Virgin Olive Oil
- 1/3 Cup Red Onion - Diced
- 4 Garlic Cloves – Minced
- 1 lb. Ground Chicken Sausage
- 4 Large Basil Leaves -Chopped
- 14.5 oz Can Diced Fire-Roasted Tomatoes
- 1/4 Cup Vegetable Broth
- 1 Teaspoon Dried Oregano
- 1 Teaspoon Garlic Powder
- 1/2 Teaspoon Himalayan Sea Salt
- Cracked Black Pepper to Taste
- 2 @ 9 oz. Packages Hearts of Palm Linguine

Instructions:

1. Warm up a large sauté pan to medium heat.
2. Add olive oil and onion. Allow to cook-down and soften for 5 minutes.
3. Add garlic and give a stir for about one minute. Then add chopped basil.
4. Next add the ground chicken sausage to pan. Stir and cook (breaking apart sausage) about 10 minutes until chicken sausage is cooked through and no longer pink.
5. While sausage is cooking, boil a medium sized pot of water for the hearts of palm linguine. Cook according to package directions.
6. Once sausage is cooked through add the diced tomatoes & veggie broth.
7. Next add oregano, garlic powder, salt, and pepper. Allow to simmer on low another 10 minutes until tomatoes cook through.
8. Serve over cooked and drained hearts of palm linguine.
9. **Optional Nourish UP Tip:** Line the bottom of each bowl with ¾ cup spinach, arugula, or fav greens.

10. **Optional:** Can sprinkle the top with Romano cheese or nutritional yeast.

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

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