

Chicken Sausage Alfredo Recipe



PREP TIME:
5 MINUTES

COOK TIME:
20 MINUTES

TOTAL TIME:
25 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

Ingredients:

- 1 Tablespoon Extra Virgin Olive Oil
- 1/3 Cup Red Onion – Sliced Thin
- 12 ounces Organic Pre-Cooked Chicken Sausage – I used Bilinski Brand, Lemon Herb Flavor
- 15.5 ounce No Dairy Alfredo Sauce – I used Primal Kitchen Brand
- ¼ Cup Vegetable Broth
- 2 Cups Baby Spinach
- 8 oz. Gluten Free Pasta – I used Jovial Brand Cassava
- 6 Basil Leaves – Sliced Thin

Instructions:

1. Warm up a grill pan to medium heat (preferably with ridges) and spray with olive oil. Once warmed up, add the onion, and cook about 5 minutes until softens.
2. Remove sausage from package and slice in half, longways.
3. Lay out the sausage on pan. Cook for approximate 5-6 minutes until gets golden grill marks. Flip over and allow to cook another 5 minutes.
4. While sausage cooks, begin preparing pasta according to package directions.
5. Pour in the entire jar of vegan alfredo sauce to sausage pan.
6. Add the vegetable broth and stir until combined. Allow to warm up, about 5 more minutes.
7. Add in spinach and basil leaves. Once the greens begin to wilt, remove from heat.
8. Portion out drained pasta into bowls and ladle in the sausage alfredo over top.
9. **Optional:** Grated Romano Cheese for topping.

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

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