

Broccoli Sausage Linguini Sauté

Serves 6

This is a super quick and easy one pot meal. The fresh, sweet broccoli with the garlic and basil is one of my favorite combinations. Broccoli is a member of the cabbage family, loaded with vitamins C, K, A, folate and B6.

- 2 large bunches of fresh broccoli, cut bite size
- 1 ½ Tbsp olive oil, plus 2 tsp toasted sesame oil
- 1 clove garlic, minced
- ½ small onion, chopped
- 4 lean chicken Italian sausages (my favorite: Isernio's extra lean or Field Roast Grain sausage, for the vegetarians in your group)
- ½ cup each fresh chopped basil and oregano (1 tsp each, if dried)
- ½ tsp black pepper
- 10 ozLinguini, preferably whole wheat
- Optional: chopped kohlrabi

Prepare linguini noodles and set aside. Boil Italian sausage in water 5-6 minutes to cook through. Allow to cool, then slice bite-size.

Heat oil in large skillet or wok. Add garlic and onion; sauté briefly. Add broccoli and sauté until tender-crisp and bright green. Add sliced, cooked sausage and fresh herbs. Season with salt and pepper to taste. Add raw, chopped kohlrabi for added crunch and texture variation.

Serve over pasta. Add extra olive or sesame oil as desired.

