

Side Dishes

Broccoli Rabe with Pasta

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If protein is desired for a one-pot meal, shrimp, scallops, chicken, pork tenderloin and cheeses go well.

1 pound broccoli rabe, rough chopped
1 cup onion, sliced
1/2 pound pasta, blanched
olives, nuts, capers, sweet peppers (can be roasted), sundried tomatoes, basil and thyme (as desired)
1/4 cup good olive oil
2 tablespoons garlic, chopped or 8 cloves garlic, sliced or roasted
1/2 teaspoon crushed red pepper
1 teaspoon Kosher salt
fresh cracked black pepper
1 cup chicken broth, water or white wine

Precook the pasta in salted water.

In a skillet, saute's the onions and garlic until translucent.

Add the broccoli rabe, and other desired vegetables. Saute' until tender, approximately 3 to 5 minutes.

Add some liquid, if necessary.

Add the seasoning, herbs and protein, if desired. (precook the protein unless cut in small pieces.)

Toss with the pasta, making sure that the pasta is hot.

Serve with grated cheese.

Per Serving (excluding unknown items): 903 Calories; 4g Fat (3.9% calories from fat); 31g Protein; 183g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 1901mg Sodium. Exchanges: 11 1/2 Grain(Starch); 2 1/2 Vegetable.