



Sausage and Zucchini Orzo

DIRECTIONS

INGREDIENTS

- 1 lb. turkey sausage
- onion, diced
- 1 pt. grape tomatoes
- 2 small zucchini
- 1 /2 cups dried orzo
- 3 cups broth
- 3/4 cup grated parmesan
- handful arugula

- 1.Heat a large skillet over medium high heat. add sausage and onion. Cook, breaking up with spoon. Remove.
- 2.Add tomatoes to skillet with oil. Cover 5-8 min. Mash with spoon and cook uncovered 3-5 min.
- 3.Add sausage and zucchini, saute 2-3 min. Add orzo and toast 1 min.
- 4.Pour in broth, bring to a boil. Reduce heat, cover and simmer 10-12 min. stirring often until orzo cooked. Stir in parmesan until creamy. Add arugula. Top with more parmesan and serve.



Red Pepper