

Sausage and Noodle Dinner

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 12 – 15 minutes

Serves: 4

CChints: Most makers of reduced fat turkey sausage only have 5 grams of fat. Compare before you buy and see the fat savings that won't reduce the flavor of this dish.



- 1 pound fresh or dried tagliatelle pasta (or other wide, long pasta)
 - 1 tablespoons olive oil
 - 14 ounce package reduced fat Turkey Polish Sausage, slice 1/4 inch thick
 - 1/4 cup red onion, diced
 - 2 cloves garlic, chopped
 - 1/4 cup reduced fat chicken broth
 - 1 pound frozen peas, thawed
 - 1 cup whole milk ricotta cheese
 - 1/2 cup fresh basil leaves chopped
 - 2 tablespoons fresh oregano leaves, chopped
 - 1/4 cup fresh grated Asiago cheese
 - 1 teaspoon salt
- Optional, stir in 1/4 cup of half and half at the end to make it creamy.

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook according to package directions until tender but still firm to the bite, stirring occasionally. After you drain the pasta, reserving 1 cup of the pasta cooking water.

Meanwhile, in a large, heavy skillet over medium heat and add olive oil and the sausage. Use a wooden spoon or silicone spatula to slip the pieces over so they brown on both sides. When the sausage has browned, about 5 minutes, remove them from the pan and set aside. Reduce the heat to medium low and add the onions. Stir occasionally and let them cook for 4 minutes.

Add the garlic and stir for 1 minute. Add the chicken broth and scrape the bottom of the pan to loosen the brown bits of flavor. Add the peas to the pan and, using the back of the wooden spoon, smash the peas. Turn off the heat. Add the ricotta cheese along with the cooked pasta and toss to coat, adding the pasta cooking water in 1/4 cup additions, if needed, to make the pasta moist. Return the sausage to the pan. Add the basil, cheese, and salt. Toss gently to coat and serve immediately.