

Side Dish

Macaroni with Sausage & Asparagus

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Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 1 hour

1 tablespoon olive oil

3 links (1/2 lb) sweet or hot Italian sausage, casing removed

1 cup milk

1/2 teaspoon salt

1/2 teaspoon black pepper

1/2 pound elbow or corkscrew macaroni

1/2 pound asparagus, cut into 1-inch pieces

5 1/2 ounces goat cheese , crumbled

In a medium saucepan, heat oil over medium-high. Add the sausage and break into pieces with a fork. Saute' until pink has just disappeared, about 4 to 5 minutes. Add the milk to the pan and bring to a boil. Add salt and pepper; mix well and set aside.

Preheat the oven to broil. Place the rack six inches from heat source.

Bring a large pot of salted water to a boil. Cook the macaroni and asparagus for 6 to 7 minutes until pasta is al dente.

Drain the macaroni. Add to the sausage mixture. Stir in about 3/4 of the cheese and transfer to a large ovenproof dish. Top with the remaining cheese.

Broil until the cheese is lightly browned, about 3 to 5 minutes. Remove and serve hot.

Per Serving (excluding unknown items): 50 Calories; 4g Fat (63.5% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 198mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat.