
Ziti with Sausage and Broccoli

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 45 minutes

table salt

black pepper

8 ounces hot Italian sausage, casings removed

2 tablespoons unsalted butter

2 tablespoons all-purpose flour

2 cups milk

8 ounces ziti pasta

1 1/2 pounds (one large head) broccoli, stems removed and florets cut into one-inch pieces

3 ounces (1/2 cup) grated Parmesan cheese

Bring a large pot of salted water to a boil over high heat.

Preheat the oven to 350 degrees. Lightly grease an 11 X 7-inch baking dish.

In a large skillet over medium-high heat, cook the sausage, stirring often, until no longer pink, about 3 minutes. Stir in the butter. Sprinkle flour on top. Stir. Slowly pour in the milk and cook, stirring constantly, until smooth and thickened, 3 to 4 minutes. Season with salt and pepper.

Add the ziti to the boiling water. Cook until tender, about 5 minutes. Add the broccoli and cook for 3 minutes. Drain the ziti and broccoli. Transfer to a baking dish. Stir in the sausage. Sprinkle Parmesan cheese on top.

Bake in the preheated oven until golden brown and bubbly, about 35 minutes.

Pasta

Per Serving (excluding unknown items): 431 Calories; 13g Fat (25.5% calories from fat); 20g Protein; 63g Carbohydrate; 8g Dietary Fiber; 35mg Cholesterol; 196mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 1/2 Non-Fat Milk; 2 Fat.