

Sausage & White Bean Bake

Good Housekeeping Magazine

Servings: 6

*1 tablespoon olive oil
1 1/2 pounds small sweet Italian
sausages
2 cloves garlic, chopped
2 tablespoons fresh oregano leaves,
roughly chopped
2 cans (15 ounce ea) cannellini beans,
rinsed and drained
1/2 cup dry white wine
1/2 cup low-sodium chicken broth
1 1/2 cups cherry tomatoes, halved
1/4 teaspoon Kosher salt
1/4 teaspoon pepper
oregano leaves (for garnish)*

Preparation Time: 15 minutes

Preheat the oven to 400 degrees.

Heat a large, deep oven-safe skillet on medium. Add the olive oil and Italian sausages. Brown on all sides, 8 to 10 minutes. Transfer the sausages to a plate.

Add the garlic and oregano leaves to the skillet. Cook, stirring, for 1 minute. Add the cannellini beans and wine. Simmer for 1 minute.

Add the chicken broth, cherry tomatoes, Kosher salt and pepper. Nestle the sausages in the mixture.

Transfer the skillet to the oven. Bake until the sausages are cooked through (165 degrees), 8 to 10 minutes.

Garnish with oregano leaves, if desired.

Per Serving (excluding unknown items): 270 Calories; 3g Fat (10.5% calories from fat); 17g Protein; 43g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 97mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat.