

# Balsamic Glazed Field Roast Italian Sausage & Broccoli Rabe

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF BEN HOWE

Servings: 3 Serving Size: 6 Oz

Ingredients	Quantity	Measure
Field Roast Italian Sausage, sliced 1/2" thick on the bias	4	Each
Balsamic glaze	3	Tablespoons
Spanish onion, Julienne	4	Ounces
Garlic, minced	1	Ounce
Broccoli rabe, trimmed & washed	1	Pound
Local apples, cored & sliced	3	Each
Crushed red pepper	1	Teaspoon
Fresh sage, chopped	2	Tablespoons
Olive oil	3	Tablespoons

## Preparation

1. Blanch broccoli rabe in salted water until bright
2. Sauté onions, garlic & crushed red pepper in olive oil until tender.
3. Add field roast Italian sausage and broccoli rabe cooking until heated through.
4. Add in 2 tbsp balsamic glaze, sliced apple and sage. Continuing cooking until balsamic has coated the vegetables and apples are just tender.
5. Season to taste with salt & ground black pepper.
6. Arrange on serving platter and drizzle with remaining balsamic glaze.

## Nutrition Information \*From USDA Nutrient Database

Calories: 671 Total Fat: 28.4g Saturated Fat: 4g Trans Fat: 0g Cholesterol: 0mg Sodium: 815.3mg  
Carbohydrates: 64.4g Fiber: 15g Sugar: 31.9g Protein: 39.5g