Recipe For Health | FEBRUARY 2009 SAUSAGE ZITI AND CANNELLINI BEANS

A hearty entrée packed with flavor!

by Jill Yarbrough, Dining Services Test Kitchen Manager

Featured Food: Beans

Yield: Serves 8-10

Ingredients

2 c. ziti noodles	1 - 15 oz. can cannellini beans, drained
8 oz. zesty hot sausage	2 T. dried basil
8 oz. bulk sausage	2 t. dried oregano
⅓ c. onions, diced	1-2 t. salt
2 T. garlic, minced	$\ensuremath{^{/}_{\!$
1 - 28 oz. can crushed tomatoes	$\frac{1}{2}$ c. mozzarella cheese, shredded
1 - 14 oz. can diced tomatoes	fresh parsley, chopped

Preparation

Boil water for ziti, and cook until al dente. Drain and hold until needed.

Brown sausage in a sauté pan. Drain fat. Add onions and garlic. Cook until onions are softened. Stir in crushed tomatoes, diced tomatoes, beans, basil and oregano.

Bring mixture to a low boil, and simmer for 10 minutes. Add salt to taste.

Add noodles and allow to heat through.

Combine cheeses and sprinkle on top.

Garnish with fresh parsley before serving.