



## Kale, Sausage and Mozzarella Baked Orzo

### Gluten free, 6 servings

One pan saucy orzo pasta gets creamy and tender in the oven. Topped with melted cheese and packed with healthy kale, it's an easy dish that makes great leftovers.

**Active** 30 min **Total** 45 min

### Kale, Sausage and Mozzarella Baked Orzo

- Kale, large curly leaf - 4 1/2 leaves, stems removed and leaves chopped
- Cheese, fresh mozzarella - 6 oz, cubed or sliced
- Parsley, fresh - 1 1/2 Tbsp, chopped
- Oil, cooking - 1 1/2 Tbsp
- Sausage, Italian raw - 15 oz
- Pasta, uncooked gluten-free orzo - 9 oz (sub any small gluten-free pasta shape)
- Tomato paste - 3 Tbsp
- Tomatoes, crushed - 1 1/2 cups
- Stock, any type - 3 cups

### Oven Roasted Broccoli

- Broccoli - 18 oz, florets
- Garlic - 3 cloves, chopped
- Oil, cooking - 1 1/2 Tbsp
- Lemon juice - 3 tsp

### Prep

1. Kale / Broccoli / Garlic - Prep as directed. Store separately. (Can be done up to 5 days ahead)
2. Cheese / Parsley - Prep as directed. Store separately. (Can be done 1 day ahead)

### Make

1. Heat oven to 400F / 204C degrees.
2. Toss broccoli and garlic with oil (portion for the broccoli) and season with some salt. Spread out on a sheet pan. Roast until broccoli is tender and starting to brown in spots, shaking the pan halfway through cooking, ~25 minutes.
3. While broccoli roasts, heat a Dutch oven over medium-high heat. Add oil (portion for the orzo) and sausage. Cook sausage, breaking it apart with a spoon, until starting to brown, 5 to 7 minutes. Drain off any excess oil.
4. Stir in kale leaves, pasta, tomato paste, crushed tomatoes and stock. Bring to a simmer. Top with cheese and cover with a lid. Transfer to oven.
5. Bake, covered, until orzo is tender, 13 to 16 minutes. (If using another pasta shape, this may take a couple extra minutes.)
6. When broccoli is finished, squeeze lemon juice over top.
7. Top orzo with parsley and serve with broccoli on the side. Enjoy!

### Nutrition per Serving (4 Servings Total)

Calories 557 Total Fat 30g Saturated Fat 10g Trans Fat 0g Cholesterol 61mg  
Sodium 859mg Total Carbs 49g Dietary Fiber 7g Sugars 6g Protein 27g