

Spelt Pasta with Chard, White Beans and Turkey Sausage

Recipe courtesy of Terese Hollander-Esperas.

4 oz. spelt pasta, cooked al dente
1 can white beans, drained
2 Diestel hot Italian sausages, browned and sliced into thin bite-sized pieces
1/2 carrot, finely diced
2 t. olive oil
1/2 onion, chopped
3 cloves garlic, finely chopped
1 bunch Swiss chard, stems removed and roughly chopped
1 bay leaf
1 t. oregano
2 c. chicken stock
2 T. chopped fresh thyme
salt and pepper to taste
Parmigiano Reggiano for garnish

Sauté the carrot and onion in the olive oil until soft. Add the garlic and sauté for 1 minute more. Add the Swiss chard and cover until the chard is wilted. Add the bay leaf, oregano, white beans and the chicken stock. Bring to a simmer. Add the chopped turkey sausage, cooked pasta and fresh thyme. Season with salt and pepper. Garnish each bowl with freshly grated Parmigiano Reggiano.