

GEMELLI WITH FENNEL AND HOT SAUSAGE

(Everyday with Rachael Ray, May 2010)

3/4 pound hot Italian sausage links, cut into 1/2-inch pieces (I used mild)
1 large bulb fennel, cut into strips
1 large onion, sliced
3 carrots, sliced on an angle
2 Tbsp. olive oil
salt & pepper
1 pound gemelli pasta (I used penne)
1/4 cup chopped flat parsley

Preheat oven to 425F. On a baking sheet, toss the sausage, fennel, onion and carrots with the olive oil; season with salt and pepper. Bake until the vegetables are tender, about 30 minutes.

Meanwhile, in a large pot of boiling, salted water, cook the pasta until al dente; drain, reserving 1/3 cup of the pasta cooking water. Transfer the pasta to a large bowl.

Add the sausage -vegetable mixture to the pasta. Add the reserved pasta cooking water to the baking sheet, scraping up any browned bits; transfer to the pasta mixture. Toss in the parsley; season with salt and pepper.

NOTE: My kids liked this with grated cheese sprinkled on top.

Serves 4.

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