



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Italian Sausage with Quinoa & Broccoli

YMCA of Northern Rock County

**Quinoa is gluten-free, high in protein, and one of the few plant foods that contain sufficient amounts of all nine essential amino acids. It is also high in fiber, magnesium, B vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants, and a great substitute for rice!**

**A cup of quinoa will also provide twice the protein and about 5 grams more fiber than the same amount of white rice. Due to this higher quantity of protein and fiber, quinoa is not only the healthier choice, but will also fill you up faster, allowing for smaller portion sizes.**

Servings: 4

### Ingredients:

- 1 cup quinoa (uncooked)
- 2 cups chicken broth
- 1 pound Applegate Organics Sweet Italian Sausages
- 1 pound fresh broccoli crowns
- 1 teaspoon dried basil
- 1 Tablespoon dried parsley
- Salt to taste

### Directions:

1. Cook the quinoa according to package instructions using the chicken broth in place of water.
2. Cook the Italian sausages in a skillet or on the grill until done in the center. Cut into 1/4 inch slices.
3. Wash, cut and steam the broccoli until just tender.
4. Add the basil, parsley, and salt to the cooked quinoa and toss to combine.
5. Put the cut sausage and broccoli into a large bowl. Add the quinoa and toss to combine.

### Nutrition Per Serving:

Calories: 365  
Fat: 12.3g  
Carbs: 37.1g  
Protein: 22.6g



This recipe is provided to you  
by Y Personal Trainer, Kelly  
Jones



GlutenFreeHomemaker.com

Recipe courtesy of: <https://glutenfreehomemaker.com/italian-sausage-quinoa-broccoli/>