



**TEAM FOUR**  
FOODSERVICE



## **Gluten free spaghetti with spicy italian sausage, roasted parsnips and mushrooms**

Yield: 10 servings

### *Ingredients:*

- 1  $\frac{3}{4}$  Box Barilla® gluten free spaghetti
- 1  $\frac{1}{2}$  Lb. Spicy italian sausage
- 5 Tbsp. Extra virgin olive oil, divided
- 2 Small red onions, chopped
- 1 Cup parsnips, small dice
- 3 Cups Cremini mushrooms, sliced
- 1 Cup dry white wine
- 3 Cups chicken broth
- 1 Cup Parmigiano cheese, grated
- 2 Tbsp. Italian parsley, chopped
- Salt & black pepper to taste

### *Directions:*

1. Preheat oven to 400° f.
2. Drizzle parsnips with 1 tbsp. Of olive oil, salt, and pepper. Roast in the oven for 10 minutes or until browned.
3. Meanwhile in a skillet over low/medium heat, add remaining olive oil and onion cooking until translucent, about 2-3 minutes.
4. Add crumbled sausage to the skillet and brown well over high heat. Add cremini mushrooms and keep cooking until mushrooms are slightly brown.
5. Stir in white wine and reduce to half. Add chicken broth and simmer until reduced, about 15- 20 minutes.
6. Meanwhile, place a pot of water to boil and cook pasta according to directions.
7. Once reduced, add parsnips to the sausage mixture. Drain pasta and toss with sausage mixture.
8. Stir in cheese and parsley before serving.

Recipe and photo courtesy of Barilla