



Pasta with Broccoli Rabe and Chopped Veal or Chicken

*olive oil
3 garlic cloves chopped
Broccoli Rabe diced
kosher salt
pepper
½ cup light cream
1 can chicken stock
grated parmigiano- reggiano Cheese
chopped veal or chicken meat (Vila Meat in Caldwell)*

In a large saucepan heat olive oil and garlic until golden brown then add the chopped broccoli rabe. Break down until tender but do not over cook. The broccoli rabe should not change its dark green color. Gradually add chicken stock. Remove from the stove and add the ingredients to a blender. Blend until it becomes a sauce. Add cream and remaining ingredients.

Sauté veal or chicken in a saucepan with olive oil and garlic tossing very quickly with salt and pepper. Add broccoli rabe sauce and meat together and simmer on low flame for about 15 minutes. Add 1/2 cup of grated cheese, another ½ cup of light cream.

Boil water for pasta of your choice. Linguini is a good choice.

*Adrenaline Training
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