



# FCS FOUNDATION

## Italian Sausage and Peas

### Ingredients:

- 4 low fat sausages or cut cup chicken breast if unable to find sausage.
- CharCut Nuvo has 1.5 gram -2 gram options
- Nature's Promise has a 2.5 gram option
- Minced garlic (to your liking)
- 8 oz orzo
- 2 cups chicken or vegetable broth
- 1/4 cup fat free half and half or fat free milk
- Pepper and garlic powder to taste
- Handful of spinach
- Optional:
  - Saute in water until soft
  - 1 zucchini
  - 1 bell pepper
  - 1/2 onion
  - Large handful of grape tomatoes

### Directions:

In a skillet, add garlic and sausage. Brown sausage on both sides. Once browned, add in the orzo and stir for a minute.

Stir in broth and half and half.

Bring to a boil, reduce heat and cover for about 12 minutes or until orzo is fully cooked.

Stir in spinach and mix.

If you sauteed the additional vegetables, add and stir them in here.

Serve and top with fat free mozzarella and low fat parmesan cheese.

### Our mission

To establish a global support network to promote advocacy and education for patients and caregivers living with Familial Chylomicronemia Syndrome (FCS)



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