

# Baked Orecchiette

Yield: 6 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-rapini-pasta-recipe>

## Ingredients:

- 1 pound orecchiette
- 2 teaspoons fresh rosemary finely chopped
- olive oil
- 1 teaspoon red pepper flakes
- 1 1/2 pounds rapini broccoli rabe, chard, or kale washed and stemmed
- salt
- 1 tablespoon fennel seeds lightly crushed
- 1/2 pound ricotta fresh
- butter
- 4 garlic cloves chopped
- pecorino Grated

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 30 milligrams
4. Fat: 14 grams
5. Fiber: 6 grams
6. Protein: 18 grams
7. SaturatedFat: 6 grams
8. Sodium: 230 milligrams
9. Sugar: 2 grams

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