

## Chicken Sausage Rotini

2 tbs. unsalted butter  
1 small yellow onion, diced  
3 garlic cloves, minced or pressed  
1 package (4 links) chicken sausage, diced (any flavor – we love chicken & apple)  
1 lb. rotini pasta (or any dried pasta you choose)  
1 tbs. all-purpose flour  
1 tbs. Dijon mustard  
1 cup milk  
½ tsp. Kosher salt  
¼ tsp. freshly ground black pepper  
1 cup (4 oz.) cheddar cheese, shredded  
Flat-leaf parsley, chopped (for garnish)

In a large skillet or Dutch oven, melt butter over medium-high heat. Add onion; sauté for 8 minutes or until onions are translucent, stirring occasionally. Add garlic and sauté for 30 seconds or until garlic is fragrant. Add the chicken sausage to the pan, stirring to combine. Sauté an additional 2 minutes to brown the sausage.

Meanwhile, add a good amount of Kosher salt to a large pot of water (so that it tastes like the sea). Bring the water to a boil; cook the pasta 8 minutes or until al dente. Drain the noodles and set aside.

Once the sausage has begun to brown, sprinkle the flour on the mixture. Stir to combine. Add the Dijon and stir to combine. Gradually stir in milk with a whisk. Season with salt and pepper. Cook for 3 minutes until slightly thickened, stirring occasionally. Remove from heat. Stir in cheese. Add noodles, stir until mixed, and then cover. Let sit for 2 minutes before serving.

Garnish with parsley if desired. Also delicious with Sriracha!



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