

LAKESHORE RECYCLING SYSTEMS

TRASH TALK

This week is an exciting week for our LRS family! From having our lupus raffle benefitting Lupus Society of Illinois on Friday to starting a new fitness challenge named Commit to Fit, this week is full of fun activities that you can participate in. Learn more about why you should participate in these activities below.

WHY YOU SHOULD PARTICIPATE IN THE LRS COMMIT TO FIT CHALLENGE

Have you lost the motivation to workout? This challenge is the perfect way to kick start your fitness journey! By joining this challenge, it will keep you on track and help you stay active during the pandemic. Click any of the below links on ways to get active!

[GETTING AT LEAST 10,000 STEPS A DAY IS GOOD FOR YOUR HEALTH](#)

[IT IS IMPORTANT TO STAY ACTIVE AND HEALTHY DURING THE PANDEMIC](#)

[THERE'S FUN PRIZES, BRANDED APPAREL AND MEDALS THAT YOU COULD WIN! BE SURE TO RESERVE YOUR SPOT IN THE CHALLENGE BY EMAILING THE WELLNESS COMMITTEE](#)

WHY YOU SHOULD DONATE TO LUPUS SOCIETY OF ILLINOIS

Have you donated to Lupus Society of Illinois? With your support, you can help improve the quality of life for people with Lupus through research and education. Click any of the below links to learn more about Lupus!

[ABOUT 5 MILLION PEOPLE WORLDWIDE ARE IMPACTED BY THE DISEASE](#)

[LUPUS DOES NOT GET THE RESOURCES OR AWARENESS THAT IT DESERVES](#)

[THERE'S FIVE AWESOME PRIZES THAT YOU COULD POSSIBLY WIN IF YOU DONATE TO THE RAFFLE!](#)

HAVE A RECIPE OR TIPS YOU WOULD LIKE TO SHARE?
SEND TO MARKETING@LRSRECYCLES.COM!

RECIPE OF THE WEEK

BAKED PASTA WITH SAUSAGE AND BROCCOLI RABE

Baked pasta doesn't need to take every pot in your kitchen or lots of different steps. This weeknight-friendly version uses one skillet, one pot, and plenty of cheese.



INGREDIENTS

- Kosher salt
- 12 ounces Fontina and/or aged cheddar cheese
- 6 garlic cloves
- 2 large sprigs of sage
- 1 bunch of broccoli rabe
- 1/4 cup plus 1 tablespoon extra-virgin olive oil
- 1 lb sweet or hot Italian sausage
- 1/2 teaspoon crushed red pepper flakes
- 2 cups half and half
- 1 lb ridged medium pasta shells, or large tube pasta, such as lumacconi or rigatoni

INSTRUCTIONS

1. Place racks in center and upper third of oven; preheat to 325°. Heat a large pot of water over high. Add several tablespoons of salt and bring to a boil (this is for your pasta).
2. Grate 12 oz. Fontina cheese on the large holds of a box grater (you should have about 4 1/2 cups). Smash 6 garlic cloves, peel, and coarsely chop. Pick all sage leaves from stems and set aside about 10. Chop remaining leaves (about 1 Tbsp.). Trim dried ends from 1 bunch of broccoli rabe, then cut stems into 2" pieces. Leave leafy ends long.
3. Heat a deep, large, ovenproof skillet, preferably cast iron, over medium-high. Add 1/4 cup oil and swirl to coat. Remove 1 lb. sausage from casings and add to skillet. Break into small pieces with a wooden spoon. Cook until sausage is browned, about 4 minutes. Stir a couple of times and continue to cook until sausage is fully cooked through, about 3 minutes longer.
4. Add garlic, chopped sage, and 1/2 tsp. red pepper and cook, stirring, until garlic is golden, about 2 minutes.
5. Stir in 2 cups half-and-half and simmer until sauce is thickened slightly, about 2 minutes. Reduce heat to low.
6. Gradually add about two-thirds of cheese, bit by bit, stirring constantly and letting cheese melt completely before adding more, until sauce is smooth and thick, about 3 minutes; season with salt and remove from heat.
7. Meanwhile, cook 1 lb. pasta shells in boiling salted water 2 minutes (8-10 minutes depending on type). During the last 2 minutes, add all of broccoli rabe to pot with pasta. Drain in a colander and shake to remove excess water. Return pasta and broccoli rabe to empty pasta pot.
8. Add cheesy sausage mixture from skillet to pot with pasta. Stir until pasta and broccoli rabe are coated in sauce, then transfer everything back to skillet.
9. Cover skillet tightly with foil and bake on center rack until pasta is tender and sauce is bubbling, 30-40 minutes. Let rest a few minutes while you heat broiler.
10. Remove foil and top with remaining cheese. Toss sage leaves with remaining 1 Tbsp. oil in a small bowl and arrange over pasta. Broil until cheese is browned and bubbling in spots, about 5 minutes (depending on strength of broiler).
11. Let pasta cool a minute or two before serving.