



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Broccoli, Garlic and Rigatoni

Ingredients:

- 1/3 pound rigatoni noodles
- 2 cups broccoli florets
- 2 tablespoons Parmesan cheese
- 2 teaspoons olive oil
- 2 teaspoons minced garlic
- Freshly ground black pepper, to taste

Directions:

1. Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.
2. While the pasta is cooking, in a pot fitted with a steamer basket, bring 1 inch of water to a boil. Add the broccoli, cover and steam until tender, about 10 minutes.
3. In a large bowl, combine the cooked pasta and broccoli. Toss with Parmesan cheese, olive oil and garlic. Season with pepper to taste. Serve immediately.

Serves 2

*355 calories, 7 g fat, 2 g saturated fat,
63 g carbohydrate, 5 g fiber, 14 g protein,
111 mg sodium*

Source: Mayo Clinic

