

HEART HEALTHY RECIPES



Broccoli Pasta

www.heartbeetforhealthy.org

INGREDIENTS



- ♥ 2oz pasta
- ♥ 3oz frozen broccoli
- ♥ 0.5 tbsp butter
- ♥ 0.5 tbsp grated parmesan
- ♥ salt and pepper to taste
- ♥ crushed red pepper (optional)

INSTRUCTIONS



- Bring a pot of water to a boil, and then add pasta. Boil until the pasta is al dente (7-10 minutes).
- Add the frozen broccoli to the boiling pasta water, turn off the heat, and let sit 1-2 minutes or until the broccoli is tender.

INSTRUCTIONS



- Drain pasta and broccoli and then transfer pasta and broccoli back to the pot (with the heat off) and add the butter. Toss until butter is melted. You can also do this in a bowl.
- Add parmesan, salt, pepper, and red pepper flakes, the toss to coat again.
- Enjoy!

NUTRITION FACTS



Serving Size	1
Calories	295kcal
Carbohydrates	48g
Protein	11g
Fat	7g
Sodium	250mg
Fiber	4.5g