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THANK YOU FOR YOUR HELP IN THIS MATTER.

JUST FOR FUN

Cavatelli and Broccoli Saute

Source: www.Kaboose.com

The pairing of al dente pasta and crisp, crunchy broccoli, sauteed in olive oil and garlic, is the ultimate in healthy eating, packed with robust flavors and a nutritional punch.

Ingredients

- 3 heads fresh broccoli, cut into florets
- 1/2 cup olive oil
- 3 cloves garlic, minced
- 1-1/2 pounds cavatelli pasta
- 1 teaspoon salt
- 1 teaspoon crushed red pepper flakes
- 2 tablespoons grated Parmesan cheese

Cooking Instructions

In a large pot of boiling water, blanch broccoli for about 5 minutes. Drain, and set aside. Heat olive oil in a large skillet over medium heat. Saute garlic until lightly golden, being careful not to burn it. Add the broccoli. Saute, stirring occasionally, for about 10 minutes. Broccoli should be tender yet crisp to the bite.

Meanwhile, cook cavatelli in a large pot of boiling salted water for 8 to 10 minutes, or until al dente. Drain, and place in a large serving bowl. Toss with the broccoli, and season with salt and hot pepper flakes. Serve with Parmesan cheese.

Preparation Time: 10 min.

Cooking Time: 25 min.

Ready In: 35 min.

Servings: 12

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

calories: 312cal

total fat: 10.3g

cholesterol: < 1mg

sodium: 232mg

carbohydrates: 46.6g

fiber: 4.1g

protein: 10.4g

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