



I Can't Believe It's Not Pasta

Servings

4

Calories

250

Prep Time

0 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

1 (12 ounces) package Mann's Broccoli Cole Slaw®

½ cup pesto, found in fresh pasta sauce section

¼ cup pine nuts, toasted

¼ cup Parmesan cheese, fresh grated



The Method

Place a bag of Mann's Broccoli Cole Slaw® in the microwave and cook for 4 minutes.

Coat sauté pan with nonstick cooking spray and pour microwaved Cole Slaw into pan over medium heat. Add pesto, one spoonful at a time sautéing to coat evenly. Continue until all of it is used and Broccoli Cole Slaw is tender, about 5 minutes. Remove from heat. Plate, and garnish with pine nuts and Parmesan cheese. Salt & pepper to taste.

Nutrition Facts

Serving Size: 135g | Servings: 4

Amount Per Serving

Calories 250 | Calories from Fat 180 | Total Fat 20g (sat fat 4g trans 0g) | Cholesterol 5mg | Sodium 370mg | Total Carbohydrate 9g | Dietary Fiber 5g | Sugars 3g | Protein 8g | Vitamin A 50% | Vitamin C 120% | Calcium 20% | Iron 10%