



Broccoli Spaghetti Parmesana

Servings

5

Calories

430

Prep Time

15 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

½ teaspoon salt

16 ounces spaghetti, or any thin pasta

1 (32 ounce) Mann's Broccoli Wokly®

2 tablespoons olive oil

½ cup butter or margarine

2-3 garlic cloves, crushed

¼ cup grated Parmesana cheese



The Method

Bring water and salt to boil in a pot and cook spaghetti according to the directions on the spaghetti package.

About 5 minutes before spaghetti is done cooking, add Mann's Broccoli Wokly® to pot, stirring until bright green, about 1 minute. Drain. Place spaghetti and broccoli in a large bowl and toss with olive oil, butter, garlic and Parmesana cheese. Add salt and pepper to taste. May be served hot or cold.

Nutrition Facts

Serving Size: 306g | Servings: 5

Amount Per Serving

Calories 430 Calories from Fat 230 | Total Fat 26g (sat fat 13g trans 1g) | Cholesterol 50mg | Sodium 230mg | Total Carbohydrate 38g | Dietary Fiber 6g | Sugars 5g | Protein 13g | Vitamin A 120% | Vitamin C 280% | Calcium 15% | Iron 15%