

Bowties and Broccoli

submitted by fragm3nt



Per serving: 279 Calories • 46.5g Carbs (2.3g Fiber) • 7.5g Fat • 11.2g Protein

Ingredients

Ingredients scaled to: 6 serving

1/4 tsp **Crushed red pepper flakes** (0.080 grams)

1 dash **Pepper** (0.10 grams)

3 tbsp **Butter** (42.6 grams)

2 dash **Salt** (0.80 grams)

3 tbsp **Parmesan cheese** (15 grams)

12 oz **Whole wheat pasta** (340 grams)

1 package (16 oz) **Broccoli** (453 grams)

Directions

Directions are based on the original recipe of 6 servings

1. Bring a pot of water to a boil, then add the pasta. Boil until the pasta is al dente, 7-10 minutes.
2. Add the frozen broccoli florets to the boiling pasta water. Turn off the heat, and let sit for 1-2 minutes or until the broccoli is tender-crisp. Drain the pasta and broccoli in a colander.
3. Transfer the pasta and broccoli back to the pot or to a bowl and add butter. Toss until the butter has melted and coated everything. Add the parmesan, salt, freshly cracked pepper, and red pepper flakes, then toss to coat again. Taste and adjust seasoning as needed. Serve immediately.