

Broccoli Alfredo

Makes: 4 Servings

This dish features whole wheat pasta and fat-free Parmesan cheese.

Ingredients:

4 cups broccoli, cooked
4 cups cooked whole wheat pasta
2 cups milk, 1% (or non-fat)
1 cup parmesan cheese (reduced fat)
1 teaspoon basil
½ teaspoon garlic powder
2 tablespoons cornstarch
pepper (to taste, optional)

Directions:

1. Heat milk over medium heat and then add basil and garlic powder. When hot, add Parmesan cheese.
2. Mix cornstarch with 2 or 3 Tbsp of milk and add to hot mixture. Heat until thickened.
3. Pour mixture over pasta and broccoli. Serve.

Source: ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Nutrition Information

Calories	329 mg	Protein
349	Total Carbohydrate	22 g
Total Fat	62 g	Vitamin D
3 g	Dietary Fiber	40 IU
Saturated Fat	10 g	Calcium
2 g	Total Sugars	381 mg
Cholesterol	9 g	Iron
10 mg	Added Sugars included	4 mg
Sodium	0 g	Potassium
		661 mg

Source:

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-alfredo>