

BROCCOLI, GARLIC, AND LEMON PENNE

For quicker prep, buy bagged broccoli florets. For more cheese flavor and fewer calories, grate your own Parmesan cheese with a Microplane grater, a small-holed handheld grater. It produces a finer shred, so you get more coverage with less cheese.

SERVES 4 / PREP TIME: 15 MINUTES OR LESS / TOTAL TIME: 30 MINUTES OR LESS

1/2 pound penne pasta	1/2 cup reduced-sodium chicken broth
5 cups broccoli florets or 1 (12-ounce) bag broccoli florets	Grated zest of 1 lemon
1/4 cup extra-virgin olive oil	Salt and freshly ground black pepper
10 garlic cloves, thinly sliced	1/4 cup freshly grated Parmesan cheese

Prepare penne according to package directions for al dente (just firm). Two to three minutes before penne is ready, add broccoli. Finish cooking, drain, and set aside.

Meanwhile, in a large skillet over medium-high heat, add oil. Sauté the garlic for 1 to 2 minutes, or until aromatic and beginning to color.

Add broth and bring to a boil for 3 to 5 minutes, or until reduced by half, stirring frequently. Add pasta, broccoli, and lemon zest and cook until coated with sauce. Season generously with salt and pepper. Transfer to serving bowl and top with cheese.

Broccoli is high in folic acid, vitamins C and K, and fiber. It's also one of the richest vegetable sources of calcium, iron, and magnesium.

Per Serving	
Calories	395
Calories from Fat	155
Total Fat	17.0 g
Saturated Fat	3.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	10.7 g
Cholesterol	5 mg
Sodium	135 mg
Total Carbohydrate	50 g
Dietary Fiber	5 g
Sugars	4 g
Protein	13 g