



## Lemon Broccoli Pasta



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**Prep time: 15 minutes**  
**Cook time: 25 minutes**

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
  - 1 package (12 to 14 ounces) frozen broccoli
  - Zest of one lemon
  - Juice of one lemon (about 2 tablespoons of lemon juice)
  - 2 tablespoons olive oil
  - 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
  - 2 cups spinach
  - 1 cup grated parmesan cheese
  - 1 cup reserved pasta water
  - Salt and pepper, to taste
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.

3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings  
Serving size: 1 1/2 cups  
Cost per recipe: \$8.56  
Cost per serving: \$1.07

**Nutrition facts per serving:**  
320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

**Source:**  
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