

Pasta with Garlic and Broccoli

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- Prep time: 5 minutes
- Cook time: 10-15 minutes
- Total time: 15-20 minutes

No nuts | No eggs | No milk | No soy | No fish | No sesame



Ingredients:

- 8 ounces egg-free noodles, such as Penne
- 1 steamer bag frozen broccoli
- 1 Tablespoon Extra Virgin olive oil
- 1-2 Tablespoons Nutritional yeast (or shredded Parmesan cheese)
- ½ teaspoon garlic powder
- Salt and pepper, to taste

Contains wheat (noodles).

May contain milk (if using Parmesan cheese).

Allergy-friendly Substitutions:

- **No wheat:** use wheat-free/gluten-free noodles
- **No milk:** use Nutritional yeast or milk-free Parmesan cheese

Instructions:

1. Wash hands with soap and warm water. Gather ingredients and supplies.
2. Fill a large pot halfway with water and bring to a boil. Add the pasta and cook according to the directions on the package.
3. Five minutes before pasta is done, place a steamer bag of broccoli in the microwave and cook according to directions on the package.
4. Drain the pasta and place in a large mixing bowl. Toss with Extra Virgin olive oil, Nutritional yeast (or Parmesan cheese), and seasonings. Gently stir in broccoli and serve immediately.