

Recipe Name : BROCCOLI AND BOW TIES

Serves : 4-6

From : AMY

Cook Time :

Ingredients

Direction

8c. BROCCOLI FLORETS (4 HEADS)

1/2 POUND FARFALLE PASTA

2 TBSP BUTTER

2 TBSP GOOD OLIVE OIL

1 TSP MINCED GARLIC

1 LEMON, ZESTED

1/2 TSP. GROUND BLACK PEPPER

1 TBSP FRESH SQUEEZED LEMON

1/4 c. TOASTED PINE NUTS

FRESHLY GRATED PARMESAN CHEESE

2 TSP. SALT

• COOK BROCCOLI 3 MIN IN A LARGE POT OF BOILING SALTED WATER. DRAIN AND PLACE IN LARGE BOWL

• COOK PASTA ACCORDING TO PACKAGE. DRAIN AND ADD TO BROCCOLI

• AT SAME TIME, IN A SMALL PAN, HEAT BUTTER, OIL AND COOK GARLIC, LEMON ZEST OVER MEDIUM/ LOW HEAT FOR 1 MINUTE.

• OFF HEAT ADD SALT, PEPPER AND LEMON JUICE. POUR OVER PASTA AND BROCCOLI.

• TOSS WELL, SPRINKLE WITH PINE NUTS AND CHEESE

Notes :