

WholeFamily Pasta with Broccoli and Cauliflower

Savannah · 28/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

6

Description

Many children especially picky eaters love pasta loaded with plain butter a dish that clearly earns low marks on the health scale This combination of broccoli cauliflower and pasta is a great alternative that adds fiber and protein with cannellini beans which kids actually love

Ingredients

- - 12 ounces penne pasta - 2 tablespoons extra-virgin olive oil - 4 cloves garlic
- sliced - 3 cups broccoli florets - 2 cups cauliflower florets - ½ teaspoon salt
- divided - 1 (15 ounce) can no-salt-added cannellini beans
- rinsed and drained - ½ cup low-sodium vegetable or chicken broth - 2 tablespoons butter - ¼ teaspoon black pepper - ½ cup grated Parmigiano-Reggiano cheese

Instructions

1. Bring a large pot of lightly salted water to a boil. Add penne and cook
2. stirring occasionally
3. until almost (but not quite) done
4. about 9 minutes. Drain. Meanwhile
5. heat oil in a large pot over medium heat. Add garlic and cook until golden
6. 2 to 4 minutes. Add broccoli and cauliflower florets; cook for 1 minute. Stir in 1/4 teaspoon salt
7. cover
8. and cook for 3 minutes. Add beans
9. broth
10. butter
11. pepper
12. and remaining 1/4 teaspoon salt; cook until beans are warm and sauce thickens slightly
13. about 5 minutes. Add pasta; cook and stir until heated through
14. about 1 minute. Sprinkle with Parmigiano-Reggiano cheese. Tips Use whole grain or whole wheat pasta for added fiber.