

CAVATELLI WITH BROCCOLI

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

2 C Cavatelli or Rotelle
4 tsp olive oil
4 garlic cloves, minced
2 C broccoli florets
1/4 C chopped basil
1/2 tsp salt
2 TBS grated Parmesan cheese
Coarsely ground black pepper, to taste

DIRECTIONS:

Cook pasta according to package directions - drain, reserving 1/4 C of the cooking water & keep it warm.

In large non-stick skillet, heat oil & sauté garlic till fragrant (about 30 seconds) - add broccoli - cook, stirring till tender-crisp (3-4 minutes) - add sautéed vegetables, basil & salt to pasta - toss, adding just enough of the pasta water to moisten. Sprinkle with Parmesan & pepper - serve.

Makes 4 servings

(per serving: 247 calories; 7g total fat; 2g saturated fat; 4mg cholesterol; 391mg sodium, 37g total carbohydrates; 3g dietary fiber; 10g protein, 136mg calcium - WW points per serving: 5)