



Broccoli Alfredo

Ingredients

- 4 cups broccoli, cooked
- 4 cups cooked whole wheat pasta
- 2 cups milk, 1% (or non-fat)
- 1 cup parmesan cheese (reduced fat)
- 1 tsp. basil
- 1/2 teaspoon garlic powder
- 2 tbsp. cornstarch
- pepper to taste, optional

Flip for step-by-step instructions



Instructions

1. Heat milk over medium heat and then add basil and garlic powder. When hot, add Parmesan cheese.
2. Mix cornstarch with 2 or 3 tbsp of milk and add to hot mixture. Heat until thickened.
3. Pour mixture over pasta and broccoli. Serve.

Source: Myplate.gov