

# Penne with Broccoli

*Rosemary Dronchi*

*Unitarian Universalist Fellowship of Vero Beach, FL 2000*

*1 bunch fresh broccoli  
florets (or three packages  
frozen)*

*1/2 cup olive oil*

*4 cloves garlic, minced*

*1 cup chicken broth*

*1 Package (16 Ounce)*

*penne*

*1 cup fresh basil, coarsely  
chopped*

*parsley, chopped*

*crushed black pepper (to  
taste)*

*Locatelli or Romano  
cheese, grated*

In a skillet, heat the oil and brown the garlic.

Add the broccoli. Stir. Add the chicken broth and 1/2 of the basil. Cover and simmer until the broccoli is al dente.

Cook the pasta as directed on the package instructions. Drain, reserving about one cup of water.

Add the broccoli mixture to the water. (If the cup of reserved water is needed, use it. The pasta and broccoli should be wet, but not floating.)

Sprinkle the remaining basil, parsley and crushed pepper over the dish.

Serve with plenty of grated Locatelli or Romano cheese.

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Per Serving (excluding unknown items): 1022 Calories; 110g Fat (94.9% calories from fat); 7g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 767mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat.