Broccoli Alfredo

Ingredients:

- 4 cups frozen broccoli
- 4 cups whole wheat pasta, cooked and drained
- 2 cups 1% low-fat milk
- 1 cup reduced-fat parmesan cheese
- 1/2 tsp dried basil
- 1/2 tsp garlic powder
- 2 Tbsp cornstarch
- Pepper to taste

Directions:

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 serve. Sauce is enough to serve 4.

1% Milk has half the fat of 2% milk. Make a healthy family choice, choose 1% milk.

This material was funded by USDA's Supplemental Nutrition Assistance Program [SNAP]. To find out more, call your local Department of Human Services (DHS) Office at 1.866.411.1877. This institution is an equal opportunity provider and employer.