

CRAZY CURLY BROCCOLI BAKE

SERVES 6

This casserole dish is sure to be a kids favorite; it is a great twist on the classic macaroni and cheese.

INGREDIENTS

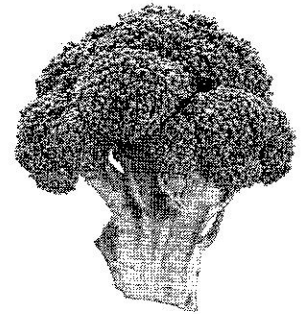
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| 1-½ cups whole-wheat corkscrew pasta, dry | ½ cup skim milk |
| 3 cups broccoli, frozen, chopped | 2 tablespoons plain breadcrumbs |
| 1 10.5-oz. can low-fat cream of broccoli soup, condensed | ½ teaspoon salt-free seasoning blend |

DIRECTIONS

1. Preheat oven to 350° F.
2. Cook pasta according to package directions.
3. Place frozen broccoli in large microwave safe and ovenproof dish and cook for 2 minutes on HIGH.
4. Coarsely chop-cooked broccoli.
5. Mix soup with skim milk.
6. Add broccoli and cooked pasta to soup and mix.
7. Top with breadcrumbs and seasoning blend.
8. Bake in oven for 10-15 minutes until heated through.

Recipe courtesy of Fruits and Veggies-More Matters®
www.FruitsAndVeggiesMoreMatters.org

NUTRITIONAL INFO: Serving Size 1/6 of recipe, Calories: 164, Fat: 2.2 grams (g), Sodium: 351 milligrams (mg), Protein: 8 grams (g).



NUTRITIONAL INFORMATION

Broccoli is an excellent source of vitamins A and C.

A half-cup of broccoli provides 60 percent of your daily vitamin C.

It is also a great source of fiber and magnesium.

Broccoli has been shown to lower your risk of some cancers.

Broccoli is healthier raw. Try eating raw broccoli with a vegetable dip.

SIMPLY GOOD EATING



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