

RECIPE

BROCCOLI ALFREDO

- **2 cups, plus 2 or 3 tablespoons skim or 1% milk (divided)**
 - **1 teaspoon dried basil**
 - **½ teaspoon garlic powder**
 - **1 cup fat-free Parmesan cheese**
 - **2 tablespoons cornstarch**
 - **4 cups whole wheat pasta, cooked**
 - **4 cups broccoli, cooked**
 - **Black ground pepper**
- 1.** In a large saucepan, heat milk over medium heat. When hot, add basil, garlic powder, and cheese.

- 2.** Mix cornstarch with 2 or 3 tablespoons of milk and add to mixture in saucepan. Heat until thickened, stirring continuously.
- 3.** In a large bowl, mix pasta and broccoli. Add pepper to taste. Pour sauce over pasta and mix. Serve.

Number of servings: 4

Nutrition Facts per serving: 349 calories, 3 g total fat, 2 g saturated fat, 329 mg sodium, 62 g carbohydrate, 10 g dietary fiber, 22 g protein.

Source: What's Cooking? USDA Mixing Bowl