

Broccoli Pasta Bake

Ingredients

- 1½ cups rotini pasta, dry
- 3 cups broccoli, chopped
- 1 can (10.5 oz) condensed low-fat cream of broccoli soup
- ½ cup skim milk
- 2 Tbsp plain bread crumbs
- ¼ tsp season-all

Directions

1. Preheat oven to 350°F.
2. Cook pasta according to directions.
3. Coarsely chop washed broccoli. Place in large, oven-safe baking dish.
4. Mix soup with skim milk. Pour over chopped broccoli.
5. Add cooked rotini and mix.
6. Top with breadcrumbs and seasoning blend.
7. Bake in oven for 15 minutes until heated through.

Handling & Storage

Look for broccoli that is firm with closed florets, odorless, and has a deep green color. Refrigerate broccoli, and use within 3-5 days.

To freeze, cut washed broccoli into florets and stalks into pieces. Steam about 5 minutes. Plunge into ice water to stop cooking and drain thoroughly. Place into sealed bags or containers and freeze for up to 12 months.

Nutritional Information

Calories: 133

Total Fat: 1.5 g

Cholesterol: 22 mg

Sodium: 273 mg

Total Carbohydrates: 24.1 g

Dietary Fiber: 1.8 g

Sugars: 1.9 g

Protein: 6.0 g

Serves 6