

ROTINI WITH BROCCOLI

(makes 4 servings)

INGREDIENTS AND QUANTITIES:

4 cups (1 L) uncooked rotini pasta
1 bunch broccoli, stalks peeled and sliced and top cut into flowerets
2 tbsp (30 ml) vegetable or olive oil
4 cloves chopped garlic
2 cups (500 ml) diced tomatoes
1/4 cup (50 ml) chopped fresh parsley
1/2 cup (125 ml) grated Parmesan cheese
salt and pepper to taste

EQUIPEMENT & UTENSILS:

Cutting board
Paring knife
Large pot
Colander
Large skillet

PROCEDURE:

1. Cook the rotini in plenty of boiling water until done. Drain and rinse under running water to prevent it from sticking together. Set aside.
2. In another pot cook the broccoli stems until just tender but still crisp (about 3 min.). When cooked, add the broccoli tops for one minute. Remove from heat and drain. Rinse with cold water and set aside.
3. Heat the oil in a large skillet and sauté the garlic for 2 minutes, just until softened. Add the tomatoes and parsley, and cook for 5 minutes. Throw in the broccoli, and toss around for a couple of minutes, until it's heated through.
4. Stir in the rotini and Parmesan cheese, season with salt and pepper, and serve immediately.