



TIPS & TRICKS

Lemon Broccoli Pasta

Nutrition

- Broccoli is a good source of vitamin A. Vitamin A functions in growth and development, immune function, red blood cell formation, skin and bone formation, reproduction, and vision.
- This dish has 7 grams of dietary fiber, which amounts to 25% of the daily value for fiber for a 2,000-calorie-a-day diet. Diets higher in dietary fiber can increase the frequency of bowel movements and can reduce the risk of developing cardiovascular disease.
- The USDA MyPlate recommends making half of the grains you eat whole grains. Whole grains have the entire grain kernel, which means it has more nutrients compared to refined grains. The pasta in this recipe is a whole-grain pasta, which is why it is high in fiber.
- Find new ways to add flavor! Many pasta dishes use heavy cream and lots of cheese. This recipe is an option that is still packed with flavor but lower in saturated fat since it doesn't have any cream.

Cooking Tips

- Add more veggies to this meal by including a mixed variety of fresh or frozen vegetables such as zucchini, mushrooms, spinach, or cherry tomatoes.
- The recipe was tested using whole-wheat rotini, but you can substitute penne, bowtie, or other whole-wheat options.
- Keep an eye on the pasta as it cooks. Cooking pasta to "al dente" means that the pasta still has a slight bite to it. This helps the pasta hold up and not become soggy, resulting in a better tasting dish.



- For a nonvegetarian option, add 1 cup of canned chicken or tuna with the other ingredients in step 5. Roasted chicken or shrimp would also pair well with this dish.
- Use a cheese grater to make lemon zest. If you do not have a fresh lemon and cannot make lemon zest, double the amount of lemon juice.

Teaching

- Here is an introductory activity when demonstrating this recipe:
 - **Say/Ask:** Lemon Broccoli Pasta is on the menu today! I thought it would be fun to start today's class with some pasta trivia. *(Note: Participants can call out as a group.)*

- Where was pasta first eaten? (China)
- How many pounds of pasta does the average American eat each year? (20 pounds)
- When it comes to producing pasta, where does the U.S. rank in production worldwide? (The U.S. is the second largest pasta producing country in the world, producing 4.4 billion pounds each year.)
- How many different shapes of pasta are produced throughout the world? (600 shapes)
- Who is credited with introducing pasta to America? (Thomas Jefferson, the third president of the U.S., in 1789)
- What is America's favorite pasta shape? (Spaghetti)
- Use this recipe when teaching the HCEB lesson Healthy Affordable Meals, which focuses on preparing grains such as pasta and rice, and the Pregnancy and Postpartum lessons, which focus on preparing simple stovetop meals.
- Cooking grains is also taught in the HCYRB lesson Building Healthier Meals with MyPlate, so use this recipe during that lesson.
- The FCS publications FN-SSB.064 Great Grains Packed with Nutrition, FN-SSB.016 Perfect Pasta Every Time, and FSHE-7 Vegetables for Wellness: Kentucky Broccoli might be useful to share with participants.

• **Other reliable resources include:**

- USDA MyPlate: Grains
<https://www.myplate.gov/eat-healthy/grains>
- USDA MyPlate: Vegetables
<https://www.myplate.gov/eat-healthy/vegetables>
- USDA SNAP-Ed Connection: Broccoli
<https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide/broccoli>

Sources:

- <https://www.myplate.gov/eat-healthy/vegetables>
- <https://ods.od.nih.gov/factsheets/VitaminC-Consumer>



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