



Broccoli Garlic Spaghetti



Talia Allhands

Servings: ~4

Total Time: ~45 Min.

Allergens: Dairy

Directions

- In a small skillet, simmer garlic in olive oil until the garlic turns a light brown color.
- Remove garlic from oil and set oil aside.
- Boil the spaghetti noodles and broccoli, spaghetti and olive oil together.
- Top with parmesan cheese.

Ingredients

- 1/4-1/3 cup of olive oil
- 5 garlic cloves
- 1 large fresh head of broccoli*
- 1 package of noodles (can use spaghetti, penne, bowtie or any favorite of yours)
- parmesan cheese
- *you can substitute the broccoli with cauliflower - or use mixture of both!