

DINNER

Lemon Broccoli Pasta

15 August 2024

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
10 min	10 min	4	\$3.28	645 kcal

Looking for a quick and delicious way to add some color and zest to your plate? Look no further than this Lemon Broccoli Pasta recipe! Not only is it ready in just 10 minutes, but it also serves 4 people and can be enjoyed as a side dish, lunch, main course, or main dish. With a caloric content of 6...

Ingredients

☐ 6 ounces uncooked angel hair pasta

☐ 3 cups broccoli florets

☐ 28 ounces cans each) chicken broth
canned

☐ ¼ teaspoon garlic powder

☐ 1 teaspoon lemon juice

☐ 1 teaspoon grated lemon peel

☐ 2 tablespoons grated Parmesan cheese

☐ ¼ teaspoon pepper

☐ ¾ cup sour cream

EQUIPMENT Sauce pan

Method

- 1 In a saucepan, combine the broth, lemon juice and peel, garlic powder and pepper. Bring to a boil.
- 2 Add pasta and broccoli. Reduce heat; simmer, uncovered, for 3-4 minutes or until pasta is tender.
- 3 Drain; stir in sour cream.
- 4 Sprinkle with cheese.

Nutrition per serving

645

KCAL

60 g

PROTEIN

26 g

FAT

41 g

CARBS

Saturated Fat	9.4 g · 59% of daily needs
Fibre	3.2 g · 13% of daily needs
Sugar	3.8 g · 4% of daily needs
Sodium	1,039 mg · 45% of daily needs
Cholesterol	127 mg · 42% of daily needs
Vitamin C	62.4 mg · 76% of daily needs

Adapted from Taste of Home. Find this recipe, ratings and more ideas at whatsheate.com/lemon-broccoli-pasta-4295