



## Lemon Pesto Penne with Broccoli & Bursted Cherry Tomatoes

🕒 25 minutes 🍴 4 servings

### Ingredients

3 cup Whole grain penne (dry, uncooked; sub gluten-free pasta for Celiac-friendly)  
8 cup Broccoli (8 cups florets = 2 large heads broccoli)  
2 tbsp Extra virgin olive oil  
1/4 tsp Coarse salt  
2 cup Cherry tomatoes  
1/2 cup Pesto  
1/2 Lemon (juiced; 1/2 lemon = about 2 Tbsps juice)  
1/2 cup Shredded parmesan cheese

### Nutrition (estimate per serving)

Calories	576 kcal	Fat	23 g
Carbohydrates	72 g	Protein	23 g
Fiber	13 g	Sugar	6 g
Cholesterol	11 mg	Sodium	654 mg
Vitamin A	2224 IU	Vitamin C	186 mg
Calcium	295 mg	Iron	2 mg

### Directions

- 1 Add water to a medium saucepan and bring to a boil. Once boiling, add pasta and cook the pasta al dente according to the directions on package. Once cooked, drain pasta and rinse with warm water to remove starch and prevent it from sticking together.
- 2 While pasta cooks, cut broccoli into 1-inch florets. Heat a large sauté pan over medium to medium-high heat; once hot, add oil, broccoli, and salt. Toss to combine. Cook broccoli about 5 minutes.
- 3 Add cherry tomatoes to sauté pan with broccoli. Continue to cook, stirring occasionally, until tomatoes burst, about 10 minutes.
- 4 While tomatoes and broccoli cook, measure out remaining ingredients. Add cooked pasta, pesto, and juice from lemon to pan with vegetables. Toss to combine and serve topped with shredded Parmesan cheese.

### Notes

#### Total Time: 30-40 min

Prep time: 15-20 min | Cook time: 15-20 min

#### Serving Size

2 cups pasta & vegetables + 2 Tbsps Parmesan cheese

#### Pro Tip

For additional protein, add chickpeas or cooked chicken breast, or use a legume-based pasta. Sub nutritional yeast to taste in place of Parmesan cheese for a vegan option. Use frozen broccoli florets in place of fresh to reduce prep time.

#### Cooking Equipment

Medium saucepan | Colander | Cutting board | Chef's knife | Large sauté pan

#### Leftovers

Refrigerate in airtight container up to 5 days. Not recommended to freeze.

#### Cut broccoli into florets

trim woody end of broccoli stalk. The rest of the stalk which is tender can be cubed and used, but should be peeled for the best quality. Cut florets off broccoli head into bite-sized pieces.

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