

Broccoli & Shells

Ingredients

1 lb pasta (shells are best)
6 broccoli stalks (finely chopped)
6 clv garlic
1/2 c olive oil
1 pepper (to taste)
3/4 c parmesan

Instructions

Heat large covered pot of water. When water comes to a boil, add pasta, and stir. Cover the pot until the water boils again.

Meanwhile, in a large cast iron skillet, sauté the broccoli and garlic in olive oil until the garlic is golden, but not brown, and the broccoli is bright green and crisp-tender. Add plenty of black pepper. Pour a couple of spoonfuls of pasta water into the skillet to steam the broccoli.

