

Macaroni with Broccoli & Peas

Yield: 2 adult portions

INGREDIENTS:

- 1 tablespoons olive oil
- 1 tablespoon butter
- 1 large clove garlic, minced
- 1 1/2 cups broccoli florets
- 2/3 cup frozen peas
- 1/4 lb. macaroni, cooked and drained
- 1/2 cup parmesan cheese {more or less, according to taste}
- salt & pepper, to taste

DIRECTIONS:

1. In a large skillet with high sides, saute broccoli and garlic in butter and olive oil over medium heat until crisp tender, 3 minutes.
2. Stir in macaroni, peas, salt and pepper. Stir and cook until peas are warm. Sprinkle in parmesan cheese and serve hot.