



A RECIPE FOR HEALTH

Broccoli and Riggs "Mama's Style!"

by Patrick Bufe, ND

This fall-hearty recipe is loaded with antioxidants and flavor. Broccoli is packed with vitamins A and C (antioxidant vitamins), and has indoles (di-indolemethane, I-3-C), flavonoids, and isothiocyanates, which are phytochemicals that may help prevent cancer. Garlic has antioxidants, as well as natural antibiotic effects. And olive oil has Omega oils, another rich source of antioxidants. Let's get cooking...

INGREDIENTS:

¼ cup olive oil	1 pound fresh broccoli florets
2 tablespoons butter	1 pound rigatoni pasta
4 cloves garlic, sliced (yes...4)	2 tablespoons grated Romano cheese

DIRECTIONS:

1. Cook rigatoni according to the package directions; then drain.
2. In large saucepan heat olive oil and butter; gently brown the garlic.
3. Add broccoli and sauté gently for 3 minutes; then cover and simmer until broccoli is tender.
4. Toss the broccoli mixture with the cooked pasta.
5. Serve with grated Romano cheese on top.
6. Enjoy!

SERVINGS/NUTRITION

SERVES: 5 (unless you eat like my family, in which case it's only 2)

CALORIES: 603 Per Serving

TOTAL FAT: 29g

CHOLESTEROL: 14mg

SODIUM: 206mg

TOTAL CARBS: 73g

DIETARY FIBER: 6.4g