

# Summer Spaghetti & Crispy Broccoli



**Prep:** 15 minutes    **Cook:** 45 minutes    **Yields:** 4 servings

- 1 box pasta
- 1 can diced or crushed tomatoes
- 1 summer squash
- 2 stalks kale
- 1 bunch of basil
- 1 tablespoon of Italian herbs
- 3 tablespoons oil
- 1 head of broccoli
- 2 tablespoons oil
- salt to taste



## Optional

cooked chicken or can of chickpeas for extra protein

**Chef's Notes:** Top with grilled chicken or chickpeas for added protein. Crispy broccoli is a great and nutritious snack for kids

1. Preheat oven to 425° F/218C and start a pot of water for pasta.
2. Roughly cut broccoli into 2-inch pieces (about the size of your thumb) cut the stalk into "coins" meaning 1/2 thick rounds, toss the broccoli with oil and a sprinkle of salt, spread evenly on a baking sheet.
3. Once oven is preheated, roast for 15 minutes or until the broccoli is slightly browned and crispy.
4. While broccoli is roasting, cook pasta according to the box directions and prepare sauce.
5. For the sauce, tear kale leaves into bite sized pieces and dice summer squash.
6. Heat oil in a medium sized pan, saute summer squash and kale until soft (3-5 minutes).
7. Add the can of diced tomatoes and 1 tablespoon of the Savory Spice herbs, stirring until well combined.
8. Turn the heat off for the sauce, tear basil leaves into small pieces and mix in.
9. Drain pasta and add sauce. Enjoy with crispy broccoli on the side.

Fresh Harvest Kits are a collaboration between HDFFA and hunger relief agencies.

Each kit contains fresh vegetables and staple ingredients from this agency. When using this kit you'll get fresh ideas for creating healthy meals! Visit our website to learn more and to see the full list of partners.