

SUMMER SPAGHETTI & CRISPY BROCCOLI



Prep: 15 minutes

Cook: 45 minutes

Yield: 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

1. Preheat oven to 425 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, sautee 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.

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

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