



Makes 12 cups
Preparation Time: 30 minutes

INGREDIENTS:

3 cups sliced cremini mushrooms
(8 oz.)

1 medium onion, chopped (1
cup)

4 cloves garlic, minced

4 cups dried whole wheat rotini
pasta (12 oz.)

2 cups low-sodium vegetable
broth

2 cups unsweetened, unflavored
plant-based milk

1 lemon

1 16-oz. package frozen broccoli
florets (or 6 cups fresh)

½ cup chopped roasted red bell
peppers

1 teaspoon chopped fresh
tarragon

Sea salt and freshly ground
black pepper, to taste

Lemon Broccoli Rotini

Enjoy the classic combination of broccoli, lemon, and tarragon in this creamy pasta dish. For the best presentation, use the same half of the lemon for the zest and juice, reserving the other half to cut into wedges for serving.

By Nancy Macklin, RDN

- 1 In a large saucepan cook mushrooms, onion, and garlic over medium 2 to 3 minutes, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Stir in rotini, vegetable broth, and milk. Bring to boiling; reduce heat. Cover and simmer 5 to 7 minutes or until pasta is nearly tender.
- 2 Remove 1 tsp. zest from lemon and stir into saucepan with pasta. Stir in broccoli, red peppers, and tarragon. Cook about 5 minutes or until broccoli and pasta are tender. Stir in 1 Tbsp. of juice from lemon. Season with salt and black pepper. If desired, sprinkle with additional lemon zest and serve with lemon wedges.