

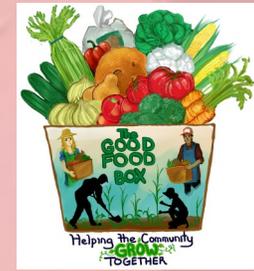
The Good Food Box Newsletter

February 2015

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Broccoli Olive Pasta

1/2 lb. pasta, such as

penne

Tsp of Salt

2 Tbsp. of olive oil

2 cloves of garlic, minced

3 Tbsp. of pine nuts

1/2 cup of black olives, pitted and chopped

1 lb. of broccoli, chopped (peel and chop)

Freshly ground black pepper

Freshly shredded Parmesan or Asiago

Bring a pot of water to a boil. Add 1 Tbsp. salt and cook the pasta until tender to the bite.

Reserve 1 cup of the cooking liquid, and drain the pasta.

Return the pot to the stove and heat the olive oil over medium high heat. Add the garlic and pine nuts and cook, stirring, until the pine nuts start to turn golden.

Add the olives and stir to combine them with the garlic. Add the broccoli and stir to combine everything. Add about 1/2 cup of the reserved pasta-cooking liquid, cover, and cook until the broccoli is tender, 3 to 5 minutes.

Add the noodles and the remaining 1/2 cup pasta-cooking liquid. Stir to combine and cook until the liquid is absorbed/evaporated.

Serve the pasta topped with black pepper and cheese to taste.
Makes 3 to 4 servings.

March 2015

"In this plate of food, I see the entire universe supporting my existence." - A Zen blessing

Did you know:

Bell Peppers are usually solid green, but they can also be red, purple or yellow.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3 	4 	5 	6 	7
8	9 	10 	11 	12 	13	14
15	16	17 	18 	19 	20	21
22	23	24	25	26	27	28
29	30	31				



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