



FLOUR CITY PASTA

WHOLE WHEAT FETTUCCINE WITH BROCCOLI AND FETA

Ingredients:

1 Lb. whole-wheat pasta cooked al dente (about 8 minutes).
 1 medium shallot, thinly sliced
 1 bunch broccoli, cut up
 1 small bunch radishes, thinly sliced
 1 Tbs. sherry wine vinegar
 ½ tsp. orange zest
 ¾ tsp. coarse salt
 Fresh ground black pepper
 3Tbs. extra-virgin olive oil
 7 ounces crumbled feta cheese

Directions:

1. Boil broccoli until just tender, stir in radishes and cook thirty seconds more.
2. Scoop out vegetables and use same boiling water to cook pasta until al dente, drain and set aside.
3. Whisk the sherry wine vinegar, orange zest, salt and pepper together in a large bowl.
4. Gradually whisk in the oil to make a dressing.
5. Toss the pasta, broccoli, radish and shallots with the dressing.
6. Add the feta and serve warm or at room temperature.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 2g	3%	Total Carb. 77g	26%
Serv. Size 1/4 lbs (113g)	Sat. Fat 0g	0%	Fiber 14g	55%
Serv. Per Cont. 3	<i>Trans</i> Fat 0g		Sugars 0g	
Calories 370	Cholest. 0mg	0%	Protein 18g	
Fat Cal. 20	Sodium 0mg	0%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 25%				

INGREDIENTS: Organic Whole Wheat Flour, Natural Wheat Protein

CONTAINS: Wheat

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