

Spaghetti & Broccoli Rabe – from the Kitchen of Gail Johnson

Another easy to prepare and delicious dish that's lower in calories than you might suspect and of course – so healthy!

- 1/2 pound whole-grain spaghetti**
- 2 tablespoons extra-virgin olive oil**
- 1 medium red onion, thinly sliced**
- 2 cloves garlic, chopped**
- 1 bunch broccoli rabe, chopped into bite-size pieces**
- 2 pints grape tomatoes, halved**
- 1/4 cup chopped roasted almonds**
- 1/4 cup grated pecorino cheese**

1. Cook the spaghetti according to the package directions. Drain the pasta and reserving about 1/4 cup of the cooking liquid for later use.

2. Meanwhile, heat olive oil in a large skillet over medium-high heat. Add the onion, garlic, salt, and pepper. Cook, stirring occasionally, until onions begin to brown, about 5 minutes. Add the broccoli rabe and cook until tender, about 2 minutes, tossing frequently. Add the tomatoes and cook, tossing frequently, until the tomatoes begin to soften, approximately another 2 minutes.

3. Add the broccoli rabe mixture, the almonds, the pecorino cheese, and the reserved pasta cooking water to the spaghetti and toss to combine. Sprinkle with additional pecorino cheese to taste.

Serves 4. About 425 Calories per serving

