

## **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**

