

Cheesy Broccoli Rotini Casserole

Mac 'n' cheese just wasn't enough. Instead of the usual mac, we replaced the pasta with rotini, a spiral shaped noodle perfect for picking up sauce. Also, instead of the classic on-the-stove preparation, we're making the elements of the dish separately and baking them together. There's nothing to compare with the silky, springy texture of the timeless dish. But in autumn, we like to add a crunchy, golden crust made with panko breadcrumbs.



Ingredients

6 Ounces Whole Grain Rotini Pasta

1 Cup Low-Fat Milk

2 Cloves Garlic

1 Pound Broccoli

Knick Knacks

3 Tablespoons All-Purpose Flour

2 Ounces Gouda Cheese

2 Tablespoons Butter

1/2 Cup Panko Breadcrumbs

1/4 Cup Grated Parmesan Cheese

Makes 3 Servings

About 575 Calories Per Serving



Instructions

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1



Prepare the ingredients:

Preheat the oven 425°F. Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Peel and mince the garlic. Cut off and discard the rind of the cheese; grate the cheese. Separate the broccoli stems from the head. Small dice the stems; cut the head into small florets.

2



Start the béchamel sauce:

In a medium pot, melt the **butter** on medium heat. Add the **garlic** and cook, stirring frequently, 30 to 45 seconds, or until fragrant. Sprinkle in the **flour** and cook, whisking frequently, 1 to 2 minutes, or until toasted and fragrant.

3



Finish the béchamel sauce:

Gradually whisk the **milk** and **1 cup of water** into the pot. Bring the mixture to a boil, then reduce the heat to low. Simmer, whisking constantly, 3 to 4 minutes, or until thickened. Season with salt and pepper to taste.

4



Add the broccoli & cheese:

Add the **broccoli stems** and **broccoli florets** to the pot of béchamel sauce. Cook, stirring occasionally, 2 to 3 minutes, or until the broccoli has turned bright green. Add the **Gouda cheese** and **Parmesan cheese** and cook, stirring frequently, 30 seconds to 1 minute, or until the Gouda cheese has melted. Season with salt and pepper to taste.

5



Cook the pasta & add it to the sauce:

While the sauce simmers, add the **rotini pasta** to the pot of boiling water. Cook 8 to 10 minutes, or until just shy of al dente. Reserve **1/2 cup of the pasta cooking water**. Thoroughly drain the pasta. Transfer the pasta directly to the pot of broccoli and sauce. Add **1/4 cup of the reserved pasta water**. Stir to combine. (If the sauce seems too thick, slowly add the remaining reserved pasta water to achieve your desired consistency.)

6



Bake the casserole:

Transfer the **rotini-broccoli mixture** to a medium baking dish (about 10 inches by 7 inches). Place the **panko breadcrumbs** in a small bowl. Add a drizzle of olive oil and toss to coat. Top the casserole with the **coated breadcrumbs**. Bake 6 to 8 minutes, or until the breadcrumbs are golden brown. Let stand for 2-3 minutes before serving. Enjoy!