



Lemon Butter Penne with Broccoli

2 servings
20 minutes

Ingredients

- 1 cup Brown Rice Penne (uncooked)
- 3 cups Broccoli (sliced into florets)
- 2 tbsps Butter
- 1/2 Lemon (juiced)
- 1/3 cup Hemp Seeds
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	500
Fat	26g
Carbs	55g
Fiber	8g
Sugar	3g
Protein	16g
Cholesterol	31mg
Sodium	49mg
Vitamin A	1209IU
Vitamin C	127mg
Calcium	86mg
Iron	4mg

Directions

- 1 Fill a medium-sized pot with water and bring to a boil. Add the pasta and cook as per the directions on the package.
- 2 In the last two minutes of cooking the pasta, add the broccoli to the pasta water. Drain the pasta and broccoli, then return it to the pot.
- 3 Add the butter, lemon juice, and hemp seeds to the pasta and broccoli. Stir well to coat. Season with sea salt and black pepper, divide between plates and enjoy!

Notes

- More Protein,** Use chickpea or a bean-based pasta, or top with sliced chicken breast.
- Dairy-Free,** Use olive oil instead of butter.