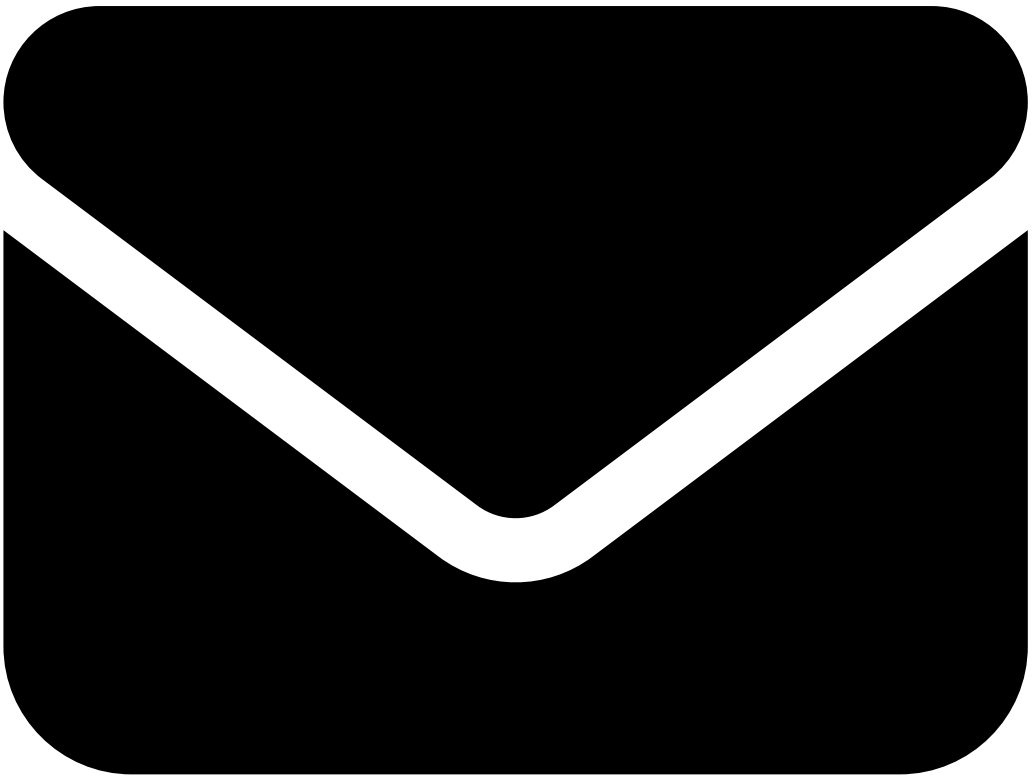
Cheesy Broccoli Fusilli

Cheesy Broccoli Fusilli

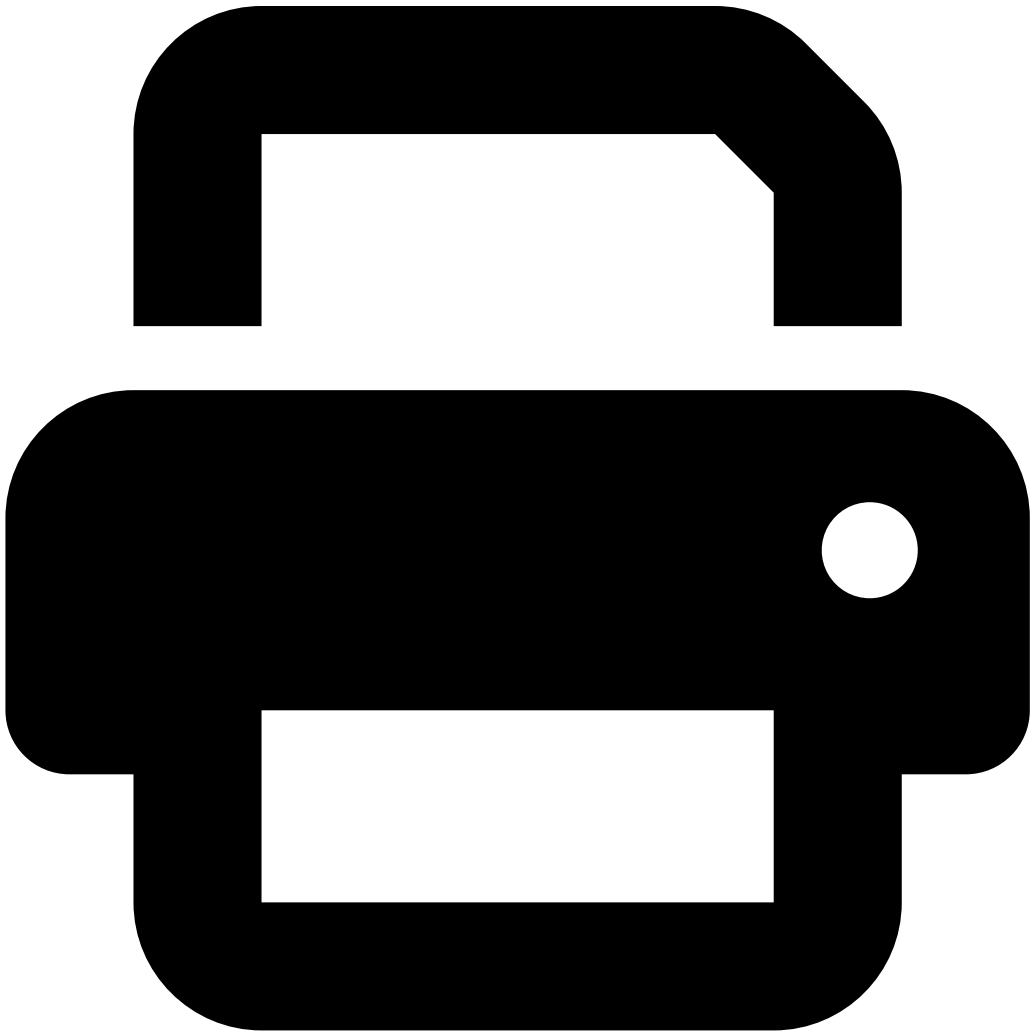
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



This Cheesy Broccoli Fusilli is easy and delicious, and the best part it can be on your table in 30 minutes, making it a prefect weeknight family dinner.
Tender good for you broccoli, in a sauce full of cheesy goodness tossed with corkscrew shape pasta make this a family favorite, and makes me happy to serve them a delicious healthy meal.

I know I post a lot of pasta recipes, but when am stuck for dinner ideas, pasta is my go to ingredient. Pasta is easy, versatile and affordable, and almost everyone loves pasta in one from or another!!

Customize This Cheesy Broccoli Fusilli recipe in 3 ways

You can customize this Cheesy Broccoli Fusilli recipe in 3

easy ways. 1. I used fusilli I like the way the shape holds the sauce.

You can use any pasta shape you like or have on hand, in this recipe. 2. If you like one type of cheese more than other, use more of what you like.

And 3. If you love broccoli but hate spinach leave the spinach out, and extra broccoli. One more thing, be sure to use a large enough saute pan to hold all the ingredients.

Cheesy Broccoli Fusilli



Fusilli is tossed with tender broccoli, spinach, and three melted cheeses in a creamy sauce for a rich, comforting vegetarian pasta dish.

- 1 lb Fusilli
- 1 lb broccoli flowerets
- 2 cups chopped spinach
- 2 cups heavy cream
- 2 cups reserved pasta water
- 1 cup each shredded sharp cheddar (mozzarella and parmesan)
- 2 tbsp each butter and olive oil
- 1 chopped yellow onion
- 2 tbsp chopped garlic
- 2 tbsp chopped Italian parsley
- Salt and pepper to taste

1. Cook pasta according to package directions resevering 2 cups of the water before draining
2. Meanwhile in a large saute pan bring the butter and oil to medium heat
3. Add the onion and garlic saute until tender and just beginning to brown
4. Add the broccoli salt and pepper the broccoli now mixing well with the onions and garlic mixture
5. Add the cream and reserved pasta water simmer covered for 10 minutes
6. Add the cheeses simmer 10 minutes longer until cheese is melted and sauce is thick
7. Toss the pasta in the cheesy broccoli sauce adjust seasonings Add the Italian parsley
8. Sprinkle with additional parmesan