

Pasta Con Broccoli

2 Cups Chopped Frozen Broccoli

3 TBSP Oil

1/2 Teaspoon Basil

1/4 Teaspoon Oregano

1 Clove Garlic Crushed

1 TBSP White Wine Vinegar

1/4 Cup Dry Sherry

Corn starch solution (mix 1 part water with 2 parts corn starch)

1/3 Package of Favorite Pasta cooked

Cook pasta to desired doneness (follow the package instructions)

Heat a Wok (Yes, a Wok) on high heat. Add the oil wait about five seconds then add the crushed garlic. Stir for about five seconds. Add the broccoli and stir for about 30 - 45 seconds. Add the remaining ingredients except the pasta (more basil or oregano may be needed for your taste.) Cover the Wok and reduce the heat to medium and cook for four to five minutes more. Remove the cover and thicken with corn starch solution. Drain the cooked pasta and dump it into the wok. Toss and serve.