

# Cleo Coyle's Penne with Broccoli and "Fast-Infused" Garlic Olive Oil

Text and photos © Alice Alfonsi who writes **The Coffeehouse Mysteries** as Cleo Coyle with her husband, Marc Cerasini.

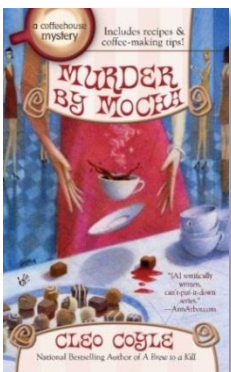
*With an Italian-born mom and aunt, I grew up on [spaghetti aglio e olio](#). Now I do it my way with high-fiber penne and broccoli! A word on the pasta: I've been trying out various "healthier" pasta products recently, and I've become enamored with the Ronzoni Smart Taste brand (pictured right). This high-fiber pasta has a taste like regular pasta, and that's a big success in our house. Whichever pasta you choose, may you eat it with joy! ~ Cleo*

## Ingredients:

1 bunch broccoli chopped into florets (about 3½ to 4 cups florets)  
1 twelve-ounce box of pasta (I use high-fiber Ronzoni Smart Taste penne)  
2–4 cloves of garlic  
¼ cup (+ just a splash more) extra virgin olive oil  
2–4 tablespoons grated Romano, Parmesan, or aged (hard) Asiago cheese  
Dried Italian seasonings mix to taste (oregano, basil, rosemary)  
Freshly ground black pepper (optional)

**Tips:** Flavor is the key to this recipe. For best results, (1) be sure to infuse the olive oil with as powerful a garlic flavor as you have time to impart; and (2) don't skimp on the grated cheese or dried herbs. Use an Italian seasoning mix to save time, or use your own mix of dried oregano, basil, and rosemary.

**Directions:** (1) First steam or boil the broccoli until fork-tender (12 to 15 minutes). While broccoli is cooking infuse the olive oil with garlic as directed in my note below. (2) When broccoli is finished cooking, drain it over a large bowl to catch the broccoli-infused water. Transfer this water to a deep pot, add more water, a splash of oil, and salt and boil the pasta according to package directions. (3) Drain the pasta and return it to the same pot in which you boiled it. Toss in the broccoli. Drizzle on the garlic-infused olive oil and mix well with the pasta and broccoli. Mix in the grated cheese (to your taste) and dried Italian seasonings to taste (I use about 1 teaspoon). Finish with (optional) freshly ground black pepper.

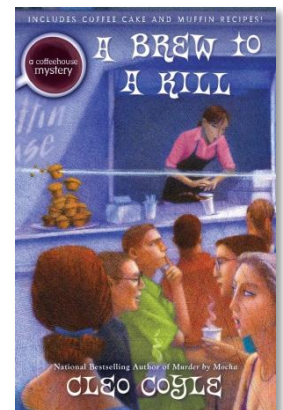


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**How to quickly infuse garlic into olive oil:** Place the oil in a small saucepan and place over low heat. Add roughly chopped and/or crushed garlic. (The chopping and crushing help to release the flavor.) Applying the heat to the garlic and oil will speed up the infusion. After ten minutes, check for desired flavor. If you'd like a stronger flavor, continue heating for another five minutes. Remove the garlic chunks from the oil, use in the recipe above, and...

*Eat with joy! ~ Cleo Coyle*

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