### INGREDIENTS

1 pound short whole wheat pasta such as fusili  
¼ to ½ cup olive oil  
6 garlic cloves, grated or minced  
red pepper flakes to taste (optional)  
1 or 2 red bell peppers, chopped into small pieces  
2 large heads broccoli, chopped into small pieces  
salt and pepper to taste  
½ - 1 cup shredded Parmesan, Romano or Asiago cheese

### METHOD

Bring a pot of water to a boil and cook pasta according to package instructions.

Heat the oil in a large pot or pan over medium high heat. Add the garlic and red pepper and sauté briefly. Do not let the garlic brown or burn. Turn up the heat to high, and stir in chopped bell peppers and cook for one minute. Add broccoli and sauté until tender, but still crisp and bright green. Season with salt and pepper. Add vegetable mixture to pasta along with cheese.