



BOD BY TODD

Fitness Coaching

"Don't Be Average, Be Fit"

NUTRITION PER SERVING:

CALORIES	453
PROTEIN	13 G
CARBOHYDRATE	57 G
TOTAL FAT	18 G

PREP TIME:	5 MINUTES
COOK TIME:	10 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6 YIELD

INGREDIENTS:

1 POUND ANGEL HAIR PASTA

1/2 C UNSALTED BUTTER

2 GARLIC CLOVES PEELED AND HALVED

1/2 C FRESHLY GRATED PARMESAN CHEESE

OPTIONAL MINCED CHIVES OR PARSLEY, FOR GARNISH



BROWN BUTTER GARLIC PASTA

NUTTY BROWN BUTTER IS INFUSED WITH GARLIC IN THIS INCREDIBLY EASY PASTA SIDE DISH. BROWN BUTTER GARLIC ANGEL HAIR PASTA IS A QUICK AND VERSATILE SIDE DISH THAT YOU'LL USE AGAIN AND AGAIN.

- 01 Cook pasta in salted water according to package directions.
- 02 Meanwhile, melt butter in a small saucepan over medium heat. Add in garlic cloves. Continue cooking over medium heat until butter foams, giving the pan a good occasional swirl. Once butter foams keep a close eye on it. The color will change from yellow to tan and then to brown. Once it reaches brown, remove it from the heat immediately and pour over the cooked pasta, discarding the garlic cloves.
- 03 Stir in parmesan cheese until melted. Serve hot with some minced chives or parsley.

