

Whole Wheat Pasta with Broccoli and Toasted Almonds

Blood sugar-friendly whole grain pasta tossed with fiber-rich broccoli, heart-healthy almonds, and aromatic garlic for sustained energy without the spike.

Prep: 5 min

Cook: 15 min

Total: 20 min

Servings: 2

GL 42.2 / GI 32

Ingredients

Heart-healthy monounsaturated fats extra-virgin olive oil

May improve insulin sensitivity red chilli, deseeded and sliced

Supports healthy glucose metabolism garlic cloves, thinly sliced

Low GI ~42, high in fiber whole wheat spaghetti

Non-starchy vegetable, very low GI thin-stemmed broccoli, cut into pieces

From 1 lemon, adds brightness lemon zest

Protein and healthy fats slow glucose absorption flaked almonds, toasted

Adds protein, use vegetarian alternative if preferred Parmesan cheese shavings

Instructions

Step 1

Fill a large pot with water, add a generous pinch of salt, and bring to a rolling boil over high heat.

Step 2

While the water heats, pour the olive oil into a large skillet and warm over medium-low heat. Add the sliced garlic and chili, stirring occasionally until the garlic turns golden and fragrant, about 3-4 minutes. Remove the skillet from heat and set aside.

Step 3

Once the water reaches a full boil, add the whole wheat spaghetti and stir to prevent sticking. Cook according to package directions, typically 9-11 minutes for al dente texture.

Step 4

Four minutes before the pasta finishes cooking, add the broccoli pieces directly to the boiling pasta water. This allows both to finish cooking simultaneously while the broccoli retains its vibrant color and slight crunch.

Step 5

When the pasta and broccoli are cooked, reserve half a cup of the starchy cooking water, then drain everything thoroughly in a colander.

Step 6

Transfer the drained pasta and broccoli immediately to the skillet with the garlic oil. Add the lemon zest and toasted almonds, then toss everything together vigorously, adding splashes of reserved pasta water if needed to create a light coating. Season with sea salt and freshly ground black pepper to taste.

Step 7

Divide the pasta between two warm serving bowls. Top each portion generously with Parmesan shavings and serve immediately while hot.

Step 8

For best blood sugar control, eat the broccoli pieces first, followed by the pasta. This vegetable-first approach helps create a fiber barrier that slows glucose absorption.