

Italian Broccoli and Pasta

Ingredients:

8 ounces whole wheat pasta
 Non stick cooking spray
 3 green onions
 1 stalk broccoli
 1/2 teaspoon dried thyme
 1/2 teaspoon dried oregano
 1/2 teaspoon black pepper
 15 ounces low sodium tomatoes,
 canned
 2 teaspoons Parmesan cheese,
 grated

Equipment:

Large saucepan
 Cutting board
 Knife
 Non stick skillet

Number of Servings: 4
 Prep Time: 10 minutes
 Total Time: 15 minutes

Directions

1. Cook noodles according to package instructions (do not include oil or salt), and drain. Divide evenly between four plates.
2. While noodles are cooking, spray a medium skillet with nonstick cooking spray; heat to medium.
3. Wash green onion and cut off the green stalks and the root end. Slice the white part in to small circles. Add to skillet.
4. Hold broccoli by the stalk and turn upside down on a cutting board. Cut off the branches, turning the stalk to reach the next branch, until all the flowers are gone. Chop up the stalk into bite size pieces, and throw away the tough parts. Add to skillet. Cook until tender.
5. Add thyme, oregano, pepper and tomatoes; simmer until heated through.
6. Spoon vegetable mixture over noodles and top with Parmesan cheese.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and
 follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1 cup noodles w/1 cup sauce
 Servings: 4

Amount Per Serving		Calories from Fat 18
		%Daily Value*
Calories 269		
Total Fat 2g		3%
Saturated Fat trace 1g		2%
Cholesterol 1mg		0%
Sodium 74mg		3%
Total Carbohydrate 56g		19%
Dietary Fiber 11g		43%
Protein 14g		29%

Vitamin A 105% Vitamin C 265%
 Iron 25% Calcium 15%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.