

Italian Broccoli and Pasta

Prep time

10 min

Cook time

15 min

Serves

4

Serving size

1-1/4 cups prepared pasta

1/4 of recipe (201g)



- 2 cups Fettucini noodles, uncooked
- 3 Tbsps. green onion (chopped, also called scallions)
- 2 cups broccoli florets
- 1/2 tsp. thyme (dried)
- 1/2 tsp. oregano (dried)
- 1/2 tsp. black pepper
- 1 can stewed tomatoes (14.5 ounce)
- 2 tsps. parmesan cheese (grated)

Cook noodles according to package instructions (do not include oil or salt), and drain. Spray a medium skillet with a non-stick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat. Add seasonings (but not the parmesan cheese) and tomatoes; simmer until heated through. Spoon vegetable mixture over noodles and top with parmesan cheese.

Calories*

240

Total Fat

1.5g

Total Fiber

4g

Protein

9g

Carbohydrates

49g

Sodium

260mg

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



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