

# Pasta with Sun-Dried Tomatoes and Broccoli

## Pasta, Anyone?

**Preparation Time:** 20 minutes

**Ingredients:**

- 1 pound broccoli florets
- 1 pound pasta (angel hair or spaghetti)
- 1 4 oz. jar marinated sun-dried tomatoes
- 1 Tablespoon basil
- 1 cup grated Parmesan cheese (for serving)



**Directions:**

1. Bring a large pot of water to a boil.
2. Cook broccoli florets for 2 minutes in boiling water. Remove with slotted spoon.
3. Add pasta to boiling water and cook until it is tender, but firm.
4. Add broccoli to pot during the last 2-3 minutes of cooking.
5. Drain the pasta and broccoli in a colander and transfer to a serving bowl.
6. Cut sun-dried tomato pieces in half while pasta is cooking.
7. Add the sun-dried tomatoes to the pasta and broccoli with 1 Tablespoon of the oil in which they were marinated.
8. Add the basil and toss gently. Add the cheese and toss again.
9. Serve immediately.

**Serves:** 4

1.5 cups of fruits/vegetables per serving

**Nutrition Information per Serving:**

Calories: 621

Total Fat: 15g

Saturated Fat: 5g

% of Calories from Fat: 21.7%

% of Calories from Saturated Fat: 5%

Protein: 2g

Carbohydrates: 8g

Cholesterol: 0mg

Dietary Fiber: 8g

Sodium: 417 mg

**Each Serving Provides:** Excellent source of vitamin C, calcium, fiber, folate and magnesium; Good source of vitamin A.

Source: <http://www.fruitsandveggiesmorematters.org>

