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.

**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](http://www.fruitsandveggiesmorematters.org)