

PENNE WITH BROCCOLI AND HERBS

October 14, 2009

Serves: 4 servings, serving size 1/4 recipe

- 2 tbsp. chopped fresh basil
- 2 tbsp. chopped fresh italian parsley
- 1 garlic clove, minced
- 2 tbsp. olive oil
- 2 tsp. red wine vinegar
- ¼ tsp. salt
- Dash ground black pepper
- 8 ounces uncooked penne pasta
- 2 cups broccoli florets (fresh or frozen)

1. Whisk first seven ingredients together in a small bowl.
2. Cook pasta in a large pot of boiling water until almost tender, about 6 minutes. Add broccoli and cook about 2 more minutes. Drain and transfer to serving bowl.
3. Add dressing and toss well to coat.

Exchanges: 2 ½ starch, 1 vegetable, 1 ½ fat

Calories 284, calories from fat 71, **Total Fat** 8 g, saturated fat 1 g, **Cholesterol** 0 mg, **Sodium** 160 mg, **Total Carbohydrate** 45 g, dietary fiber 3 g, sugars 3 g, **Protein** 8 g

CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM



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