

Ooodles of Noodles

6 servings

Swiss chard is an excellent source of Vitamin C, which helps heal cuts and wounds. It is also an excellent source of Vitamin A, which helps keep eye and skin healthy and helps to protect against infections. Swiss chard also contains magnesium which helps maintain normal nerve and muscle function.

- 2 3/4 cups (11 ounces) uncooked whole wheat pasta
- 1 1/2 Tablespoons vegetable or olive oil
- 2 1/4 cups grape tomatoes, gently rubbed under cold running water, halved and divided
- 1 1/2 teaspoons dried basil
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 Tablespoon garlic, minced
- 3 Tablespoons whole wheat flour
- 2 1/3 cups low-sodium vegetable broth
- 4 cups Swiss chard, gently rubbed under cold running water, stems removed, chopped*

1. Wash hands with soap and water.
2. In a large pot, cook the pasta according to package directions. Do not overcook. Drain well and set aside.
3. Heat vegetable oil in a large skillet over medium heat. Add half of the tomatoes and cook 2-3 minutes until skin softens. Reserve remaining tomatoes for step 5. Add basil, salt, pepper, and garlic. Stir.
4. Sprinkle flour over tomatoes. Cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to a boil and then immediately reduce to low heat.
5. Add Swiss chard and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until Swiss chard is wilted. Pour over cooked pasta.
6. Store leftovers in a sealed container in the refrigerator for up to four days.



*Fresh spinach or beet greens can be used in place of Swiss chard.

Nutrition Information per Serving (1 1/2 cup): Calories 230, Total Fat 5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 115mg, Total Carbohydrate 42g, Dietary Fiber 6g, Total Sugars 4g, includes 0g Added Sugars, Protein 8g, Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 10%.

Recipe Source: Institute of Child Nutrition