



RECIPE:

Ooodles of Noodles

Number of Servings: 6

Ingredients:

- 2 3/4 c. (11 oz) whole wheat pasta, dry
- 1 1/2 T. vegetable oil
- 2 1/4 c. grape tomatoes, halved
- 1 1/2 tsp. dried basil
- 3/4 tsp. salt
- 1/4 tsp. black pepper
- 1 T. garlic, minced
- 3 T. whole wheat flour
- 2 1/3 c. low-sodium vegetable broth
- 4 c. Swiss chard, chopped, stems removed

Directions:

1. Begin by washing hands under warm water with soap and rinse produce with cool water, removing all dirt and debris.
2. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for about 8-10 minutes until tender. Do not overcook. Drain well and set aside.
3. Heat olive oil in a large skillet over medium heat. Add half of tomatoes and cook 2-3 minutes until skins soften. Do not overcook. 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 pasta.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Info:

Nutrition Facts

6 servings per container	
Serving size	1 1/2 cup
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 42g	15%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 3mg	15%
Potassium 475mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: USDA MyPlate Kitchen