

Pasta and Veggies

Just cuz you're watching calories doesn't mean you have to give up your pasta.

Ingredients:

1 pt. grape tomatoes
1 head broccoli
½ lb. whole wheat or multi grain
penne pasta
1 clove minced garlic.
3 Tbsp. Olive oil
Fresh ground pepper
Cayenne pepper
½ cup light half and half
½ cup tomato sauce
½ cup parmesan cheese



Directions:

Wash all your vegetables then cut the grape tomatoes in half and set aside. Cut the broccoli into bite size pieces and drop in boiling water for 3-4 minutes – you don't want them to be mushy, then drain and set aside.



In a frying pan, heat the olive oil and place the tomatoes in cut side down and sauté for 2 -3 minutes along with the garlic. Add the broccoli, sprinkle in the black pepper and cayenne pepper and mix until the broccoli is coated with the olive oil. Let this cook for 2 - 3 minutes.

Mix the half and half, tomato sauce and parmesan cheese together in a small bowl then combine with the vegetable mixture in the frying pan cover and turn the heat to low.

Don't add any salt at this time.



Cook the penne pasta* in boiling water with a little salt for about 11 minutes.

Add the penne to the vegetable mixture in the frying pan and mix well.

*Note: wheat pasta takes a little longer to cook.

Serves 2