



Whole-Wheat Pasta with Broccoli and Cherry Tomatoes, In Yogurt and Basil Sauce (Serves-8, Serving Size-1 cup)

7 ounces	Whole Wheat Durum Penne Pasta
2 tablespoons	Extra Virgin Olive Oil
2 cloves	Garlic-Chopped
9 ounces	Broccoli-Florets, Blanched
½ pound	Cherry Tomatoes
¼ teaspoon	Sea Salt
¼ teaspoon	Ground Black Pepper
½ cup	Low-Fat Goat Yogurt or Regular Yogurt
4 tablespoons	Coarsely Chopped Fresh Basil
¼ lemon	Cut into Small Cubes



Method:

Prepare pasta according to instructions on the bag and drain, (do not overcook).

Place wok or sauté pan over medium heat and add oil swirling to coat. When oil is hot add garlic and stir-fry for 30 seconds, add broccoli, cherry tomatoes, salt and pepper. And stir 3 minutes until tomatoes skins begin to crack.

Mix in pasta and yogurt, stir-fry for 20 seconds. Remove from heat, mix in basil and lemon cubes. Season with salt and pepper and serve.

Nutritional Analysis:

• Calories	142
• Total fat	5g
• Calories as fat	32%
• Saturated fat	1g
• Cholesterol	1mg
• Carbohydrates	23g
• Dietary fiber	2g
• Sodium	97gm
• Protein	5 g
• Carbohydrate Choice	1 ½
• Exchanges:	1 starch, 1 vegetable, 1 fat

You can vary the recipe by replacing the basil with thyme or replacing the broccoli with either, asparagus or zucchini.

