Italian Broccoli and Pasta

Ingredients:
- 8 ounces whole wheat pasta
- Non stick cooking spray
- 3 green onions
- 1 stalk broccoli
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 15 ounces low sodium tomatoes, canned
- 2 teaspoons Parmesan cheese, grated

Equipment:
- Large saucepan
- Cutting board
- Knife
- Non stick skillet

Directions
1. Cook noodles according to package instructions (do not include oil or salt), and drain. Divide evenly between four plates.
2. While noodles are cooking, spray a medium skillet with nonstick cooking spray; heat to medium.
3. Wash green onion and cut off the green stalks and the root end. Slice the white part into small circles. Add to skillet.
4. Hold broccoli by the stalk and turn upside down on a cutting board. Cut off the branches, turning the stalk to reach the next branch, until all the flowers are gone. Chop up the stalk into bite size pieces, and throw away the tough parts. Add to skillet. Cook until tender.
5. Add thyme, oregano, pepper and tomatoes; simmer until heated through.
6. Spoon vegetable mixture over noodles and top with Parmesan cheese.

Nutrition Facts
Serving Size: 1 cup noodles w/1 cup sauce
Servings: 4

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<thead>
<tr>
<th></th>
<th>Amount Per Serving</th>
<th>%Daily Value*</th>
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<tbody>
<tr>
<td>Calories</td>
<td>269</td>
<td>3%</td>
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<tr>
<td>Total Fat</td>
<td>2g</td>
<td>3%</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
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<tr>
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<tr>
<td>Protein</td>
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*Percent Daily Values are based on a 2,000 calorie diet.