Whole Grain Pasta with Vegetables

Yield: 2 servings
Total Time: 30 minutes

Ingredients
2 cups whole grain pasta
1 small white onion
2 Tablespoons olive oil
1 cup frozen broccoli florets
1 cup frozen chopped spinach
14 oz. crushed tomatoes
½ teaspoon dried basil
¼ teaspoon garlic powder

Optional
Grated Parmesan cheese

Preparation Instructions
1. Cook pasta according to the package instructions.
2. Chop the onion.
3. Add 2 Tablespoons of olive oil to a pan and sauté onions until see-through.
4. Add broccoli and spinach to the pan with onions. Cook until vegetables are no longer frozen.
5. Add crushed tomato, basil and garlic powder to pan with vegetables. Simmer the sauce until vegetables are cooked through.
6. Add pasta to the pan with sauce and vegetables. Toss to combine. Add parmesan cheese if desired.

Nutrition Analysis
Per Serving: 380 calories; 9g fat (1g saturated, 0g trans); 0mg cholesterol;
180mg sodium; 65g carbohydrate (17g dietary fiber; 10g sugar); 19g protein.
Vitamin A 20%, Vitamin C 80%, Calcium 20%, Iron 25% Daily Value.

Cost
Per serving: $2.47

Modified from: www.foodnetwork.com