Fresh Broccoli & More Pasta

Makes: 6 servings

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Ingredients	Weight	Measure
Cooked rotini pasta	24 ounces	
Olive oil	3 ounces	
Chopped fresh garlic		1 Tbsp
Chopped zucchini	6 ounces	
Cut broccoli florettes	6 ounces	
Fresh spinach	3 ounces	
Julienned sun dried tomatoes	1.5 ounces	
Cherry tomatoes cut into 6's		6 each
Shredded carrots	3 ounces	
Low sodium chicken broth	12 ounces	
Whole wheat bread sticks		6 each
Parmesan cheese	1.5 ounces	
Fresh basil leaves thinly sliced		6 each
Vegetable seasoning		1.5 Tbsp

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	**NA**	
Total Fat	NA	
Protein	NA	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat	NA	
Sodium	516.3 mg	

Directions

1. Heat pan; add olive oil.
2. Saute garlic.
3. Add squash, zucchini, broccoli and carrots.
4. Add pasta, sundried tomatoes and spinach.
5. Add chicken broth and parmesan cheese.
6. Serve in 12 oz black bowl with garlic breadstick.