Italian Broccoli and Pasta

**Ingredients**
- 2 cups fettucini noodles, uncooked (try any flat whole grain noodle)
- 3 tablespoons chopped green onion (also called scallions)
- 2 cups broccoli florets
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon black pepper
- 1 can (14 ½ ounces) stewed tomatoes
- 2 teaspoons grated Parmesan cheese

**Directions**
1. Cook noodles according to package instructions (do not include oil or salt) and drain.
2. Spray a medium skillet with nonstick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add seasonings (but not the Parmesan cheese) and tomatoes; simmer until heated through.
4. Spoon vegetable mixture over noodles and top with Parmesan cheese.

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Family Nutrition Program

- Make half your plate fruits and vegetables.
- Choose water over sugary drinks.
- Make a grocery list before you shop.

The Family Nutrition Program gives you the tools to make important decisions about your family’s health and well-being.

For information on free classes:
Adrian Kohrt • 907-474-7930
amkohrt@alaska.edu
www.uaf.edu/ces/hhfd/fnp
www.uaf.edu/ces • 1-877-520-5211

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 907-465-3347. UAF is an AA/EO employer and educational institution.