



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Quick and Colorful Pasta\*

2 cups medium egg noodles  
2 tablespoons canola oil  
2 cups small broccoli pieces  
2 cups fresh mushrooms, sliced  
¼ cup chopped onion  
½ teaspoon garlic powder  
salt and pepper to taste  
2 tablespoons olive oil or canola oil  
Parmesan cheese

1. Cook noodles following package directions.; drain.
2. Heat oil in large skillet. Stir in broccoli, mushrooms and onion.
3. Cook until broccoli is tender crisp, about 4 minutes.
4. Season lightly with garlic powder, salt, and pepper.
5. Stir in cooked noodles and oil.
6. Stir gently until heated through.
7. Sprinkle with Parmesan cheese and serve. Makes 6 servings.

### Variations:

1. Add ½ cup chopped red pepper or carrot to vegetable mix.
2. Add cooked chicken if desired.

## Nutrition Facts

Serving Size: 1 1/2 cup (107g)

Servings: 6

Amount Per Serving

Calories 160      Calories from Fat 90

% Daily Value\*

**Total Fat** 11g      **16%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 15mg      **5%**

**Sodium** 250mg      **10%**

**Total Carbohydrate** 13g      **4%**

Dietary Fiber 2g      **9%**

Sugars 2g

**Protein** 5g

Vitamin A 10%      ■      Vitamin C 50%

Calcium 6%      ■      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/centsible](http://www.uwyo.edu/centsible) for more information.



TV Show

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