



Pasta with Broccoli and Basil

INGREDIENTS

2 tablespoons olive oil
2 cloves garlic
2 cups broccoli, cut to bite-size pieces
1 small red bell pepper, seeded and sliced
1/2 small onion, chopped

2 cups uncooked penne or rotini

1 tablespoon basil
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon olive oil

DIRECTIONS

- Cook pasta till al dente. While pasta is cooking saute garlic, onion, and broccoli in olive oil. Add red pepper last, just before broccoli is crip-tender.
- Mix pasta, broccoli mixture, and seasoning together

** I use 1 cup regular pasta and 1 cup whole wheat pasta.*

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