



## **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

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2 cups uncooked penne or rotini

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

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### **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 crisp-tender.
- Mix pasta, broccoli mixture, and seasoning together

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

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