

Lemon Broccoli Pasta

(Makes 4 servings)

Ingredients

- 3 tablespoons sliced green onions
- 1 clove garlic, minced
- 2 cups reduced-sodium vegetable broth
- 1 1/2 teaspoons grated lemon peel
- 1/8 teaspoon black pepper
- 2 cups fresh or frozen broccoli florets
- 3 ounces uncooked whole wheat angel hair pasta
- 1/3 cup plain nonfat Greek yogurt
- 2 tablespoons grated reduced-fat Parmesan cheese



Directions

1. Spray large saucepan with nonstick cooking spray; heat over medium heat. Add green onions and garlic; cook and stir 3 minutes or until green onions are tender.
2. Stir broth, lemon peel, and pepper into saucepan; bring to a boil over high heat. Stir in broccoli and pasta; return to a boil. Reduce heat to low. Simmer, uncovered, 6 to 7 minutes or until pasta is tender, stirring frequently.
3. Remove from heat. Stir in yogurt until well blended. Let stand 5 minutes. Top with cheese before serving. Garnish as desired.

Yield: 4 servings

Nutrition Facts Per Serving:

Calories: 135

Carbohydrates: 22 g

Protein: 11 g

Fat: 1 g

Saturated Fat: 1 g