

Grab 'n' Go Dinner for Tonight

Broccoli & Pasta Soup Serves: 4-6

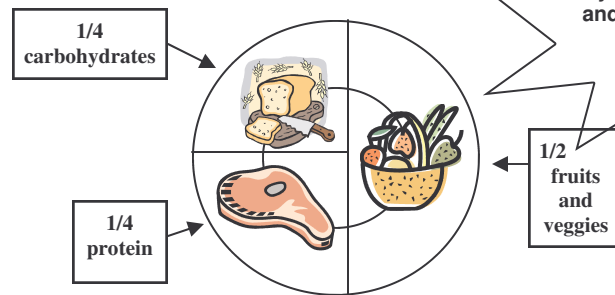
Ingredients

3-5 garlic cloves, minced or pressed	Produce
2 cups finely chopped onions	Produce
1 tablespoon olive oil	Aisle 5
1/4 cup dry white wine or water (water is cheaper!)	
1/8 teaspoon red pepper flakes	Aisle 5
8 cups chopped broccoli, florets and peeled stems (about 2 heads)	Produce
5 cups water or vegetable stock (use a combination for lower sodium)	Aisle 3
Salt to taste	
1/2 pound short chunky pasta, small shells or tubetti (use whole grain pasta for more fiber)	Aisle 2
1 cup grated Pecorino or Parmesan cheese (optional)	Dairy

1. Bring covered pot of water to a boil for cooking the pasta. Meanwhile, combine the garlic, onions, and oil in a soup pot and sauté on medium heat for 8 to 10 minutes, stirring regularly, until the onions start to caramelize. Add the wine or water and stir well. Cook until the liquid evaporates, 4 to 5 minutes. Add the red pepper flakes, broccoli, water or stock, and the salt. Cover and cook for 7 to 9 minutes, or until broccoli is tender.
2. When the pasta water boils, add the pasta and cook until al dente, 8 to 10 minutes. Drain and set aside.
3. When the broccoli is tender, puree about 1/3 of the soup mixture in a blender until smooth and return it to the soup pot. Stir in the cooked pasta. Add a little water or stock if you prefer a thinner soup. Top with the grated cheese and serve immediately.

Broccoli & Pasta Soup	
Amount Per Serving (6)	
Calories 255	Calories from fat 72
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 3g	17%
Cholesterol 42mg	14%
Sodium 477mg	20%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 15g	
Vitamin A 59%	Vitamin C 155%
Calcium 26%	Iron 14%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

A Healthy Plate Includes carbohydrates, protein, fruits and vegeta-



Create a healthy plate by adding a beverage and a serving of fresh fruit

Tonight's Grab 'n' Go Dinner Cost per serving: \$1.26

To find the Grab 'n' Go dinner ingredients look for this logo throughout the store.



All ingredients will be marked with the Shape Up Kittitas County logo.