Pasta with Broccoli

6 ounces spaghetti
4 cups broccoli florets or 20 ounces frozen broccoli
1 Tablespoon oil
2 cloves garlic, minced
4 large ripe tomatoes (about 2 pounds), peeled, cored, and chopped, or
1 large can (28 ounces) tomatoes, chopped or 1 can (15 ounces) tomato sauce
1/8 teaspoon pepper, if desired

Cook the spaghetti according to package directions, except omit the salt. Drain well and place in a large serving bowl.

Cook the broccoli in just enough water to cover. Cook only until tender, (2-3 minutes). Drain and set aside.

(continues other side)

Spanish Style Green Beans

2 cups fresh green beans, washed and ends removed,
or 1 can (16 ounces) green beans
1/4 cup onion, chopped
1/2 cup green pepper, chopped
1 teaspoon margarine
2 medium tomatoes, chopped
1/4 teaspoon basil
1/4 teaspoon pepper

If using fresh green beans, cover and cook beans in 1/4 cup boiling water until just tender (about 5 minutes). Drain the beans. If using canned beans, simply drain the beans. In a separate pan, cook onion and green pepper in margarine until tender. Add tomatoes, basil, pepper, and beans. Mix well. Heat thoroughly.
In another pan, heat the oil over low heat for 30 seconds, then add the garlic and cook, uncovered, until golden (about 3 minutes). Add the tomatoes and pepper, if desired. Simmer, uncovered, for 15 minutes.

Add the cooked broccoli to the warm tomato sauce, tossing to heat through. Pour over the pasta.

Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>Calories</td>
<td>267</td>
</tr>
<tr>
<td>Total Fat</td>
<td>5g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>39%</td>
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<tr>
<td>Calcium</td>
<td>13%</td>
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15% of total calories from fat
Sodium 361mg
*Vitamin C 145%
*Iron 21%