



**Oodles of Noodles**

**6 Servings**



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### Ingredients:

- 2 3/4 c. (11oz.) whole wheat pasta, dry
- 1 1/2 Tbsp. vegetable oil
- 2 1/4 c. grape tomatoes, halved
- 1 1/2 tsp. dried basil
- 3/4 tsp. salt
- 1/4 tsp. black pepper
- 1 Tbsp. garlic, minced
- 3 Tbsp. whole wheat flour
- 2 1/3 c. low-sodium vegetable broth
- 4 c. Swiss chard, chopped, stems removed

### Directions:

1. Begin by washing hands under warm water with soap and rinse produce with cool water, removing all dirt and debris.
2. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for about 8-10 minutes until tender. Do not overcook. Drain well and set aside.
3. Heat olive oil in a large skillet over medium heat. Add half of tomatoes and cook 2-3 minutes until skins soften. Do not overcook. Reserve remaining tomatoes for step 5. Add basil, salt, pepper, and garlic. Stir.
4. Sprinkle flour over tomatoes. Cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to a boil, then immediately reduce to low heat.
5. Add Swiss chard and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until Swiss chard is wilted. Pour over pasta.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

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