

Oodles of Noodles

Nebraska Seasonal Produce Guide

6 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 2 $\frac{3}{4}$ cups (11 ounces) uncooked whole wheat pasta
- 1 $\frac{1}{2}$ Tablespoon vegetable oil or olive oil
- 2 $\frac{1}{4}$ cups grape tomatoes, gently rubbed under cold running water, halved and divided
- 1 $\frac{1}{2}$ teaspoon dried basil
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 Tablespoon garlic, minced
- 3 Tablespoons whole wheat flour
- 2 $\frac{1}{3}$ cups low-sodium vegetable broth
- 4 cups Swiss chard, gently rubbed under cold running water, stems removed, chopped

Instructions

1. Wash hands with soap and water.
2. In a large pot, cook the pasta in boiling water according to package directions. Do not overcook. Drain well and set aside.
3. Heat vegetable oil in a large skillet over medium heat. Add half of the tomatoes and cook 2-3 minutes until the skin softens. 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 the mixture becomes thick. Add vegetable broth. Bring to a boil and then immediately reduce to low heat.
5. Add Swiss chard and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until the Swiss chard is wilted. Pour over pasta.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1 $\frac{1}{2}$ cups): Calories 230, Total Fat 5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 115mg, Total Carbohydrates 42g, Fiber 6g, Total Sugars 4g, includes 0g Added Sugars, Protein 8g, Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 10%



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