

# Pasta Dish

*reggie Murray*

*Culinary Creations and Wonders - St Lucie Council of Catholic Women - 2009*

*1 pound thin spaghetti,  
linguine or angel hair pasta  
1 to 2 tablespoons olive oil  
2 to 3 cloves garlic  
1 large onion  
1 green pepper  
1 red pepper  
1 package broccoli florets,  
fresh or frozen and thawed  
soy sauce  
chow mein noodles*

Cook the pasta according to package directions.

In a large fry pan or wok, heat the oil and saute' the garlic, onions, peppers and broccoli until tender.

Place the saute'd mixture over the pasta.

Serve with soy sauce on top with chinese noodles.

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Per Serving (excluding unknown items): 2028 Calories; 217g Fat (93.9% calories from fat); 4g Protein; 27g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 4 1/2 Vegetable; 43 Fat.