Microwave Macaroni & Chick Peas

Ingredients:		Directions:
1 3.4 cups	macaroni, uncooked	Combine first six ingredients in a shallow, microwavable container. Cover & microwave on high for 15 minutes or until pasta is almost done.
14 1/2 oz. can	no salt added stewed tomatoes	
14 1/2 oz. can	Italian style diced or stewed tomatoes	Add chick peas, stir, cover, & microwave on high 2 minutes. Remove from
1/4 tsp.	dried basil	microwave, keep covered, and allow to sit while steaming broccoli.
1/4 tsp.	dried oregano	Place broccoli with 2 Tbsp. of water in a
1/2 cup	water	microwavable container; microwave on high for 2 to 4 minutes or until tender, but still crisp.
15 1/2 oz. can	chick peas, rinsed and drained (or 1 1/2 cups of home cooked chick peas)	Serving suggestion: Serve broccoli aside of casserole or mix it into casserole just
3 cups	coarsely chopped broccoli	before serving.
Yield: 4 servings		

Nutrition Information: One serving contains 360 calories, 3 g. total fat, less than 1 g. saturated fat, 0 mg. cholesterol, 504 mg. sodium*, 14 g. fiber.

^{*} Sodium content will vary depending on brands of tomatoes & chick peas; cooked chick peas would reduce sodium to 240 mg.