

- » 1/4 cup (60 mL) noodles or broken spaghetti
- » 1/2 cup (125 mL) broth

YIELD: 1/2 cup (125 mL)
EXCHANGE: 1 bread
CALORIES: 68

Cook 1/4 cup (60 mL) noodles or broken spaghetti in boiling salted water; drain. Add to hot broth just before serving.

MICROWAVE: Add 1/4 cup (60 mL) noodles or pasta to 2 cups (500 mL) boiling salted water. Cook on High for 3 minutes. Hold 3 minutes. Drain. Add to hot broth just before serving.