

#NationalNoodleDay + One Pot Mediterranean Linguine

Tomorrow is [#NationalNoodleDay](#) and this [One Pot Mediterranean Linguine](#) will make your family smile and your weeknights easier.

Noodles are a go-to staple in my house, especially for weeknight dinners. Everyone likes them, they go with just about anything and they make a great leftover lunch. While pasta is usually fairly easy and quick to make, this meal calls for **only ONE POT!** That means... one pot into which all ingredients go, one pot to watch and one pot to wash. Now, that's my idea of easy weeknight cooking.



If you tend to avoid noodles or pasta in general because you think they're unhealthy, think again. Noodles provide a healthy dose of carbohydrates, which our bodies use for fuel. Both whole grain and refined grain noodles tend to be low on the glycemic index (GI), but I usually opt for whole grain noodles because they contain more dietary fiber than refined noodles. In fact, whole wheat pasta can provide up to 25% of your daily dietary fiber needs in a one cup portion. Can't do wheat? There are plenty of tasty gluten-free noodle options on store shelves these days, as well.

Try my [One Pot Mediterranean Linguine](#). I promise, this dish

will become a family fave and make your weeknights easier!

PLEASE SHARE: What is your favorite noodle dish? Please share. I'd love to hear from you.