



NUTRITION PER SERVING:

| | |
|---------------------|------|
| CALORIES | 319 |
| PROTEIN | 13 G |
| CARBOHYDRATE | 59 G |
| TOTAL FAT | 6 G |

| | |
|-------------------|------------|
| PREP TIME: | 5 MINUTES |
| COOK TIME: | 20 MINUTES |

| | |
|----------------------|--------------------------|
| YIELD: | 4 SERVINGS |
| SERVING SIZE: | 2 C PASTA AND VEGETABLES |

-
- 8 OZ** DRY WHOLE-WHEAT SPAGHETTI
 - 1 TBSP** OLIVE OIL
 - 1 TSP** GARLIC, MINCED (ABOUT ½ CLOVE)
 - 4 C** ASSORTED COOKED VEGETABLES—
SUCH AS RED PEPPER STRIPS,
BROCCOLI FLORETS, CARROT STICKS, OR
GREEN BEANS (LEFTOVER FRIENDLY)
 - 1 CAN** (15½ OZ) NO-SALT-ADDED DICED
TOMATOES
 - 1 CAN** (5½ OZ) LOW-SODIUM TOMATO
JUICE
 - ¼ TSP** GROUND BLACK PEPPER
 - ¼ C** GRATED PARMESAN CHEESE



PASTA PRIMAVERA

PASTA, VEGETABLES, AND A SPRINKLE OF CHEESE MAKE THIS A CHILD-FRIENDLY CLASSIC THAT ADULTS WILL LOVE TOO

- 01** In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 02** Add spaghetti, and cook according to package directions. Drain.
- 03** Meanwhile, combine olive oil and garlic in a large sauté pan. Cook until garlic is soft, but not browned (about 30 seconds).
- 04** Add mixed vegetables, and cook until vegetables are soft, but not browned (about 3–5 minutes).
- 05** Add diced tomatoes, tomato juice, and pepper. Bring to a boil. Reduce heat, and simmer for 5 minutes.
- 06** Add spaghetti and parmesan cheese. Toss until the pasta is hot and well mixed, and serve.

Note: Substitute cooking spray for olive oil and save calories and fat.

