



### NUTRITION PER SERVING:

<b>CALORIES</b>	319
<b>PROTEIN</b>	13 G
<b>CARBOHYDRATE</b>	59 G
<b>TOTAL FAT</b>	6 G

<b>PREP TIME:</b>	5 MINUTES
<b>COOK TIME:</b>	20 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	2 C PASTA AND VEGETABLES

- 8 OZ** WHOLE-WHEAT PENNE PASTA
- 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 Penne pasta, 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 Penne pasta 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.

