



A Nutrition Resource



CHEESY PASTA WITH SUMMER VEGGIES

Yield: 6 Servings | Serving Size: 1 1/2 cups
Cost/Serving: \$1.70

Ingredients:

- 4 cups sliced, assorted vegetables (zucchini, broccoli, peas)
- 1 cup grapes or fresh tomatoes, chopped and seeds removed
- 8 ounces whole-wheat pasta (rotini, bow tie, penne, etc.)
- 1 1/2 Tablespoons vegetable or olive oil
- 2 medium garlic cloves, minced or 1/4 teaspoon garlic salt
- 1/2 cup onion, chopped (about 1/2 medium onion)
- 1 Tablespoon dried Italian seasoning
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup parmesan cheese
- 1 cup shredded mozzarella cheese

Directions:

- 1) Wash and prepare vegetables.
- 2) Cook pasta according to package directions. Drain water from cooked pasta and save 1/4 cup of water.
- 3) Heat oil in a large skillet as pasta cooks. Add garlic and onion to skillet. Sauté over medium heat about 1-2 minutes or until soft.
- 4) Add any uncooked hard vegetables and cook for 3 minutes. Add soft vegetables and continue to cook. Add Italian seasoning, salt, and pepper. Add tomatoes last and cook until warm.
- 5) Add cooked drained pasta to the vegetables. Add a little of the water from the pasta if needed.
- 6) Add cheeses to mixture. Stir until cheese is mostly melted.
- 7) Serve immediately.

Nutrition Facts

6 servings per container	
Serving size	1.5 cups (226g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 330mg	14%
Total Carbohydrate 47g	17%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 232mg	20%
Iron 2mg	10%
Potassium 439mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



*This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart. Eat Smart. website.
<http://tinyurl.com/c59523>*

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