



Pasta Primavera

Servings 4 | Prep time 5 mins. | Total time 20 mins.

Equipment: Cutting board, Non-stick skillet, Strainer, Large pot

Utensils: Knife, Measuring spoons and cups, Mixing spoon

Ingredients

1 cup whole grain noodles, any shape, uncooked
1 tablespoon olive or vegetable oil
2 cups mixed vegetables, chopped (zucchini, onion, eggplant, carrots, peppers)
1 cup tomatoes, chopped
1/4 teaspoon garlic powder
1/8 teaspoon black pepper
1 teaspoon Italian seasoning
3 tablespoons Parmesan cheese

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Cook noodles according to package directions.
3. While noodles are cooking, heat oil in a skillet.
4. Add vegetables and garlic powder, pepper, and Italian seasoning and cook until tender; stir constantly.
5. Add tomato and sauté 2 more minutes.
6. When noodles are done cooking drain them, rinse with cool water, and add to the skillet with the vegetables.
7. Toss vegetables with noodles and sprinkle with Parmesan cheese.

Nutritional Information:

Calories 120
Total Fat 5g
Sodium 95mg
Total Carbs 14g
Protein 4g