



Pasta Primavera

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

Equipment:

Cutting board
Large pot
Non-stick frying pan
Colander

Utensils:

Knife
Measuring cups and spoons
Mixing spoon

Ingredients

1 cup uncooked whole grain pasta
1 tablespoon olive oil OR vegetable oil
2 cups vegetables (zucchini, onion, eggplant, carrots, bell pepper, etc.), chopped
1 large tomato, chopped
1 clove garlic, minced OR 1 teaspoon garlic powder
1/8 teaspoon black pepper
1 teaspoon Italian seasoning OR Celebrate Your Plate Italian Seasoning
3 tablespoons grated Parmesan cheese

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Cook noodles according to package directions.
3. While noodles are cooking, heat oil in frying pan.
4. Add vegetables, garlic powder, black pepper, and Italian seasoning. Cook until tender, stirring constantly.
5. Add tomato and sauté 2 more minutes.
6. When noodles are done cooking, drain then, rinse with cool water, and add to frying pan with 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