



# Pasta Primavera

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

## Equipment:

Cutting board  
Large pot  
Non-stick frying pan  
Strainer

## 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

## Nutritional Information:

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

## 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.