



### NUTRITION PER SERVING:

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

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

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

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- 8 OZ** DRY WHOLE-WHEAT SPAGHETTI
  - 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 spaghetti, 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 spaghetti 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.

