

Pasta Fresca

Prep time: 15 minutes | **Cooking time:** 15 minutes | **Number of servings:** 4

- 8 ounces whole wheat pasta, uncooked
- 2 teaspoons vegetable oil
- 3 cups assorted vegetables, chopped (Use what is in season and what you have on hand.)
- ½ teaspoon garlic powder or 1 garlic clove, minced
- 2 green onions, chopped
- 4 tablespoons Parmesan cheese, grated
- Pinch of salt

Optional 1 large tomato, chopped

Directions

1. Cook pasta according to package directions. Drain, set aside.
2. Heat a large, non-stick skillet over medium heat; add the oil and garlic, cook 1 to 2 minutes or until garlic is soft. Do not let the garlic brown. Add vegetables and continue cooking over medium high heat for 4 to 5 minutes.
3. Combine pasta and vegetables in a large bowl. Sprinkle cheese on top and mix well. Serve immediately.

Nutrition Facts (Serving size 1½ cup): Calories–270; Protein–12g; Carbohydrate–49g; Total Fat–5g; Saturated Fat–1g; Cholesterol–5mg; Fiber–9g; Sodium–100mg; Vitamin C–30%; Vitamin A–60%; Iron–15%; Calcium–10%

Adapted from Washington State University Extension Food Sense



Food Sense Tip

- Add color to your plate by using fruits and vegetables whenever you can. Rinse canned vegetables under cold water before using to help reduce the amount of sodium.



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