

NUTRITION PER SERVING:

CALORIES	319
PROTEIN	13 G
CARBOHYDRATE	59 G
TOTAL FAT	6 G

PREP TIME:	5 MINUTES
COOK TIME:	20 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 C PASTA AND VEGETABLES

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.

