

**SPENDSMART
EATSMART**

CHEESY PASTA WITH SUMMER VEGGIES

Serves: 6 | Serving Size: 1 ½ cups | Per Serving: \$1.07

INGREDIENTS

- 4 cups sliced, assorted vegetables (zucchini, broccoli, peas)
- 1 cup grape or fresh tomatoes, chopped and seeds removed
- 8 ounces whole-wheat pasta (rotini, bow tie, penne)
- 1½ tablespoons vegetable or olive oil
- 2 medium garlic cloves, minced or ¼ teaspoon garlic salt
- ½ cup onion, chopped (about ½ medium onion)
- 1 teaspoon dried Italian seasoning
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- ¼ cup parmesan cheese
- ½ cup shredded mozzarella cheese

INSTRUCTIONS

1. Wash and prepare vegetables.
2. Cook pasta according to package directions. Drain water from cooked pasta and save ¼ cup of water.
3. Heat oil in a large skillet as pasta cooks. Add garlic and onion to skillet. Sauté over medium heat about 1-2 minutes or until soft.
4. Add any uncooked hard vegetables and cook for 3 minutes. Add soft vegetables and continue to cook. Add Italian seasoning, salt, and pepper. Add tomatoes last and cook until warm.
5. Add cooked drained pasta to the vegetables. Add a little of the water from the pasta if needed.
6. Add cheeses to mixture. Stir until cheese is mostly melted.
7. Serve immediately.

COOKING TIPS

- Pasta and cheese may help picky eaters enjoy veggies. Vary the flavors and colors!
- Add protein to this dish by stirring in cooked beans, meat, or fish.
- Use thawed frozen veggies in this recipe.
- Keep pasta on hand and use when you have extra veggies.
- Use this recipe for a quick, delicious, and nutritious meal.

Nutrition Facts

Serving Size 1-1/2 cups
Servings Per Container 6

Amount Per Serving

Calories 250 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 240mg **10%**

Total Carbohydrate 35g **12%**

Dietary Fiber 5g **20%**

Sugars 5g

Protein 10g

Vitamin A 50% • Vitamin C 70%

Calcium 15% • Iron 8%

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.

January 2012.