



A Nutrition Resource

# CHEESY PASTA WITH SUMMER VEGGIES

**Yield: 6 Servings | Serving Size: 1 1/2 cups**  
**Cost/Serving: \$1.70**

## Ingredients:

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

## Directions:

- 1) Wash and prepare vegetables.
- 2) Cook pasta according to package directions. Drain water from cooked pasta and save 1/4 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.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1.5 cups (226g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>330</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 0mcg	<b>0%</b>
Calcium 232mg	<b>20%</b>
Iron 2mg	<b>10%</b>
Potassium 439mg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



*This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart. Eat Smart. website.*

<http://tinyurl.com/c59523>

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