Michele Sodon

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

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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.