

Recipe for



WHOLE WHEAT PASTA WITH VEGGIES

SERVES 4

PREP TIME/TOTAL TIME 25/50

APPROX NUTRITION INFORMATION

(per serving)

Total Calories 260

Fat 1.8 g

Protein 9.6g

Carbohydrates 52g

Fiber 7.5g

INGREDIENTS

- 1 Penne whole wheat pasta, may use gluten free pasta if preferred- 8 ounces uncooked
- 1 medium onion sliced long and thin
- 2 cups of Broccoli cut in small florets
- 1 Zucchini cut in small rings
- 1 Yellow squash cut roughly same size as zucchini
- ½ Red bell pepper cut in small square pieces
- ½ Yellow bell pepper cut in small square pieces
- 2 cups of mushrooms chopped
- 2 cloves of garlic sliced thinly
- 2 tablespoon of fresh italian basil
- 1 tsp of Italian seasoning
- ¼ to ½ tsp of crushed red pepper(spice preference)
- ¼ tsp of black pepper

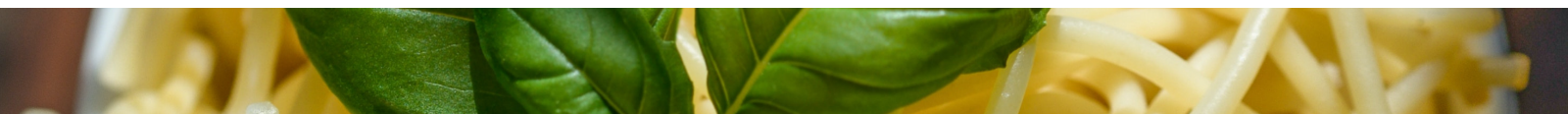
DIRECTIONS

In a large pot of boiling water, add the pasta and cook according to the package directions. Drain pasta and set aside.

Place a large pan over medium heat. Once the pan is hot add the onions and stir. May cover intermittently for about a minute but continue to stir. If the onions stick slightly, add 1 tablespoon of water. Otherwise with frequent stirring, this is usually not an issue. NOTE: No oil is needed. Once the onions are partially cooked, add the garlic and cook for another 1-2 minutes. Next add all the vegetables other than mushrooms and broccoli. Cook for another 3-4 minutes and then add the mushrooms and broccoli. Add 1 tablespoon of fresh basil and the remainder of the spices. Stir and cover intermittently for another few minutes.

After all the vegetables are mostly cooked, add 2 cups of your favorite marinara sauce(preferably oil free). Bring heat to low and cover pan for about 3 minutes.

Add the pasta to the vegetables and mix well. Cover the pan and let simmer for an additional 2-3 minutes. Garnish with the remaining basil and enjoy.





Grocery List

WHOLE WHEAT PASTA WITH
VEGGIES



Produce

- 1 Medium red onion
- 1 Broccoli
- 1 Zucchini
- 1 Yellow squash
- ½ Red bell pepper
- ½ Yellow bell pepper
- 2 Cups of chopped mushrooms
- 2 Tablespoons fresh Italian basil



Seasoning

- Italian seasoning
- Crushed red pepper
- Black Pepper
- No oil Pasta Sauce(Engine 2 or 365 brand)



Grains

- Penne whole wheat pasta, may use gluten free pasta if preferred