



Lifestyle Wellness Academy

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 WHOLE-WHEAT PENNE PASTA

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 Penne pasta, 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 Penne pasta 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.

