

Pasta Primavera

Rating: ★★★★★

Makes: 3 servings

Ingredients

- 1 cup noodles, uncooked
- 1 tablespoon vegetable oil
- 2 cups mixed vegetables (chopped)
- 1 cup tomatoes (chopped)
- 1 tablespoon margarine
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 3 tablespoons Parmesan cheese

Directions

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in a skillet.
3. Add vegetables and saute until tender; stir constantly.
4. Add tomato and saute 2 more minutes.
5. Toss vegetables with noodles and margarine.
6. Add seasonings; sprinkle with Parmesan cheese.

Utah State University Cooperative Extension, Simply Seniors Cookbook, p.43Utah Family Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	250	
Total Fat	12 g	18%
Protein	8 g	
Carbohydrates	29 g	10%
Dietary Fiber	3 g	12%
Saturated Fat	2.5 g	13%
Sodium	200 mg	8%