

Pasta Primavera (FDD)

Makes: 4 Servings

This recipe features macaroni. Macaroni can be topped with a mixture of vegetables for an easy side dish.

Ingredients

- 1 tablespoon** vegetable oil
- 1** onion (chopped)
- 2 cloves** garlic (chopped)
- 1/2 cup** water
- 1/2 can** low-sodium carrots (drained, about 7.5 ounces)
- 1/2 can** low-sodium corn (drained, about 7.5 ounces)
- 1/2 can** low-sodium green beans (drained, about 7.5 ounces)
- 4 cups** cooked macaroni (about 1/2 pound dry)
- 2 cans** low-sodium tomatoes (undrained, chopped about 15 ounces each)
- 2 tablespoons** dried oregano (if you like)

Directions

1. Cook macaroni according to package directions.
2. In a large skillet over medium heat, cook onion and garlic in oil until soft.
3. Add water, carrots, corn, green beans, and tomatoes. If using oregano, add that too, cook 5 minutes or until hot.
4. Pour vegetables over cooked macaroni.

Nutrition Information

Nutrients	Amount
Calories	320
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	30 mg
Sodium	460 mg
Total Carbohydrate	46 g
Dietary Fiber	6 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	18 g
Vitamin D	N/A
Calcium	72 mg
Iron	5 mg
Potassium	N/A

N/A - data is not available

Source: Recipe adapted from Commodity Supplemental Food Program Cookbook