

Pasta Primavera

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.

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

Nutrition Information

Nutrients	Amount
Calories	250
Total Fat	12 g
Saturated Fat	3 g
Cholesterol	20 mg
Sodium	200 mg
Total Carbohydrate	29 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available