



Pasta Fresca

Prep time: 15 minutes | Cooking time: 15 minutes | Number of servings: 4

- 8 ounces whole wheat pasta, uncooked
- 2 teaspoons vegetable oil
- 3 cups assorted vegetables, chopped (Use what is in season and what you have on hand.)
- ½ teaspoon garlic powder or 1 garlic clove, minced
- 2 green onions, chopped
- 4 tablespoons Parmesan cheese, grated
- Pinch of salt
- Optional** 1 large tomato, chopped

Directions

1. Cook pasta according to package directions. Drain, set aside.
2. Heat a large, non-stick skillet over medium heat; add the oil and garlic, cook 1 to 2 minutes or until garlic is soft. Do not let the garlic brown. Add vegetables and continue cooking over medium high heat for 4 to 5 minutes.
3. Combine pasta and vegetables in a large bowl. Sprinkle cheese on top and mix well. Serve immediately.



Food Sense Tip

- Add color to your plate by using fruits and vegetables whenever you can. Rinse canned vegetables under cold water before using to help reduce the amount of sodium.

Nutrition Facts (Serving size 1½ cup): Calories-270; Protein-12g; Carbohydrate-49g; Total Fat-5g; Saturated Fat-1g; Cholesterol-5mg; Fiber-9g; Sodium-100mg; Vitamin C-30%; Vitamin A-60%; Iron-15%; Calcium-10%

Adapted from Washington State University Extension Food Sense

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Use a Rainbow of Color!

Using fruits and vegetables in a variety of colors will add great texture and interest to whole grains.

Try some of these:

- Green:** Broccoli, cabbage, celery, zucchini, spinach, chard, green beans, peas, bell pepper, tender herbs (sweet basil, cilantro, mint)
- White/Yellow:** Onions, summer squash, bell pepper, corn, cauliflower
- Orange/Red:** Winter squash, bell pepper, tomato, carrot
- Blue/Purple:** Eggplant

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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Nutrition Education for Audiences with Limited Resources



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