



## Winter Italian Vegetables

Makes 6 servings (1 cup per serving)

Preparation time: 15 minutes

Cooking time: 15 to 20 minutes

### Ingredients

- 2 ½ cups uncooked spiral pasta
- 2 cups water, divided in half
- 1 cup broccoli florets (fresh or frozen)
- 1 cup cauliflower florets (fresh or frozen)
- 2 medium zucchini, sliced
- 1 medium onion, chopped
- 1 cup chopped celery
- 1 (8 ounce) can tomato sauce
- 2 teaspoons dried basil
- Salt (optional)

### Directions

1. Cook the pasta according to package directions.
2. Wash all vegetables.
3. Collect, cut, and measure all ingredients before starting to prepare the recipe.
4. Put 1 cup of water in a large skillet, and bring to a boil.
5. Add all the vegetables, cover, and cook for 5 minutes.
6. Add tomato sauce, remaining cup of water, and basil. Simmer for 5 more minutes.
7. Stir in cooked pasta. Taste, and add a small amount of salt if desired.
8. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!** Make it a meal by adding seasoned, cooked ground beef or turkey.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 Cup (253g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>40</b>
% Daily Values*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 600mg	26%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	4%
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 1mg	6%
Potassium 468mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	