



## 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. Wash hands with soap and water.
2. Cook the pasta according to package directions.
3. Wash all vegetables under cold running water.
4. Collect, cut, and measure all ingredients before starting to prepare the recipe.
5. Put 1 cup of water in a large skillet, and bring to a boil.
6. Add all the vegetables, cover, and cook for 5 minutes.
7. Add tomato sauce, remaining cup of water, and basil. Simmer for 5 more minutes.
8. Stir in cooked pasta. Taste, and add a small amount of salt if desired.
9. 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.

Cook meat to the following internal temperatures:

Ground beef: 160° F

Ground chicken or turkey: 165° F

Nutrition Facts	
6 servings per container	
Serving size	1 Cup (253g)
Amount Per Serving	
<b>Calories</b>	<b>40</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 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.



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