



PASTA PRIMAVERA

Cost-Saving Swaps

- Use any pasta shape on sale.
- Use all frozen vegetables to reduce waste.
- Replace chicken with canned beans for a low-cost protein.
- Stretch pasta sauce by mixing a cup of sauce with a cup of water.
- "Use what you have."



PREP TIME
10 MIN



COOK TIME
25 MIN



SERVINGS
4 PLATES

Instructions

1. Cook pasta according to package directions.
2. In a pan, heat oil and cook broccoli for 5 minutes
3. Add remaining vegetables and dried herbs
4. Stir in chicken or beans
5. Add pasta sauce and simmer gently
6. Toss with drained pasta; top with cheese if desired and serve

Ingredients

- 8 ounces whole wheat rotini or elbow pasta
- 2 tablespoons olive or avocado oil
- 1 bell pepper, sliced (fresh or frozen)
- 1 cup cherry tomatoes, halved (fresh or frozen; or canned diced tomatoes)
- 1 cup broccoli florets (fresh or frozen)
- 1 cup shredded carrots (fresh or frozen)
- 3 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 1 cooked chicken breast, chopped (or rotisserie) (or 1 can of beans, drained and rinsed)
- 1 cup pasta sauce
- 1 tablespoon Parmesan or Asiago (optional)
- Salt and pepper to taste

MyPlate Balance

Whole Grains: Whole wheat pasta

Vegetables: Colorful, fresh, frozen, or canned

Protein: Chicken or beans

Dairy: Optional cheese

