

Garlic Penne Pasta with Sautéed Vegetable Medley



Ingredients for Pasta:

8 oz penne pasta, dry
1 Tbsp garlic, minced

2 Tbsp olive oil
Salt and pepper

Ingredients for Vegetable Medley:

6 cups assorted sliced vegetables (yellow zucchini, carrots, pea pods and bell pepper)
Dash of preferred seasoning, to taste (minced garlic, fresh ginger, salt and pepper)
1 Tbsp olive oil

Directions:

Cook pasta according to package directions; drain. Toss cooked pasta with olive oil and garlic. Add salt and pepper to taste.

Clean and slice vegetables. Over medium heat, sauté in oil until desired texture is reached. Season to taste.

Just before serving combine pasta and vegetable medley. Top with parmesan cheese if desired.

Yield: 6 servings

Pasta

190 g kcal | 6 g Tot Fat | 0.5 g Sat Fat | 0 g Trans | 0 mg Chol | 5 mg Sodium |
29 g Carb | 3 g Fiber | 1 g Sugar | 5 g Protein

Vegetable Medley

60 g kcal | 2.5 g Tot Fat | 0 g Sat Fat | 0 g Trans | 0 mg Chol | 35 mg Sodium |
8 g Carb | 3 g Fiber | 1 g Sugar | 2 g Protein