

Microwave Pasta Primavera

Recipe Type: Main Dish

Serves: 5

Prep Time: 15 minutes

Cooking Time: 25 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 C whole wheat penne pasta
- 1 C chopped carrots
- 2 C broccoli florets
- 1 C chopped yellow bell pepper
- 1 15-oz can of diced tomatoes, chopped
- 1 tsp garlic powder
- 1 tsp dried Italian seasoning
- Sea salt, to taste
- Freshly ground pepper, to taste
- 1 t parmesan (optional)



What to do

1. Wash your hands.
2. In a microwave-safe bowl combine pasta and 5 cups of water and microwave for 5 minutes.
3. Add carrots, microwave for 3 minutes
4. Add broccoli and bell pepper, then microwave for 3 more minutes
5. In a separate microwave-safe bowl, combine tomatoes, garlic powder, and Italian seasoning.
6. Cover and microwave for 5 minutes.
7. Pour tomato mixture over pasta, season with salt and pepper.
8. Toss to combine, add parmesan for garnish.
9. Enjoy!

Contains Wheat and Milk

Nutrition Facts

5 servings per container

Serving size 1 Cup (207g)

Amount per serving

Calories **110**

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 13%

Total Carbohydrate 21g 8%

Dietary Fiber 5g 18%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 62mg 4%

Iron 1mg 6%

Potassium 276mg 6%

*The % Daily Value 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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