

Veggie Pasta

Recipe Type: Entree

Serves: 4

Prep Time: 20 minutes

Cooking Time: 1 hour

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

What you need:

- ½ C plain yogurt
- 2 T tomato paste
- 1 T olive oil
- 1 onion, diced
- 1 T garlic powder
- 1 C carrot, diced
- 1 zucchini, diced
- 1 red or green bell pepper, diced
- 1 T Italian seasoning
- 1 T dried oregano
- 1–14.5 oz can diced tomatoes
- ½ box of whole wheat pasta, cooked
- 4 T Parmesan cheese

What to do:

1. Wash your hands.
2. Mix the yogurt and the tomato paste in a small bowl.
3. Heat the oil in a skillet over medium heat.
4. Add the fresh vegetables and seasonings to the skillet and cook for 20 minutes.
5. Pour in the canned tomatoes. Cook for another 20 minutes.
6. Lower the heat and add the yogurt mix to the skillet. Cook for another 5 minutes.
7. Add in the cooked pasta. Mix well.
8. Sprinkle on the Parmesan cheese.
9. Enjoy!



This is a picture of 1 serving.

Contains Milk and Wheat

Nutrition Facts

4 servings per container

Serving size 1 1/2 Cup (369g)

Amount per serving

Calories **320**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 340mg **15%**

Total Carbohydrate 54g **20%**

Dietary Fiber 10g **36%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

Protein 13g

Vitamin D 0mcg **0%**

Calcium 186mg **15%**

Iron 4mg **20%**

Potassium 772mg **15%**

*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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