

NUTRITION PER SERVING:

CALORIES 329 **PROTEIN** 13 G CARBOHYDRATE 59 G TOTAL FAT 6 G

PREP TIME: 5 MINUTES COOK TIME: 20 MINUTES

YIELD: 4 SERVINGS **SERVING SIZE:** 2 C PASTA AND

VEGETABLES

DRY WHOLE-WHEAT BOWTIE PASTA 2 C (FARFALLE) (8 OZ)

1 TBSP OLIVE OIL

1 TSP GARLIC, MINCED (ABOUT 1 CLOVE)

(16 OZ) FROZEN PEAS AND CARROTS 1 BAG

2 C LOW-SODIUM CHICKEN BROTH

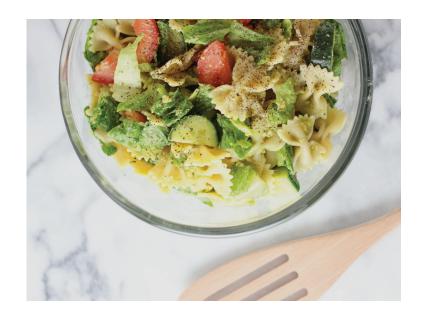
CORNSTARCH 2 TBSP

FRESH PARSLEY, RINSED, DRIED, 1 TBSP AND CHOPPED (OR 1 TSP DRIED)

MEDIUM LEMON, RINSED, FOR 1 TSP 1 ZEST (USE A GRATER TO TAKE A THIN

LAYER OF SKIN OF THE LEMON)

1/4 TSP **GROUND BLACK PEPPER**



BUTTONS AND BOWS PASTA

THIS LIGHT AND LEMON-Y MEAL IS A REFRESHING CHANGE TO THE SAME OLD PASTA

- 01 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 02 Add pasta, and cook according to package directions. Drain.
- Meanwhile, heat olive oil and garlic over medium heat in a 03 large sauté pan. Cook until soft, but not browned.
- Add peas and carrots. Cook gently until the vegetables are 04 heated through.
- In a bowl, combine chicken broth and cornstarch. Mix well. 05 Add to pan with vegetables, and bring to a boil. Simmer gently for 1 minute.
- 06 Add parsley, pasta, lemon zest, and pepper. Toss gently, and cook until the pasta is hot.
- Serve 2 cups of pasta and vegetables per portion.

Note: Substitute cooking spray for olive oil and save calories and fat.



Children can help measure the dry pasta and mix ingredients together