

# FUSION

## FITNESS STUDIO

### NUTRITION PER SERVING:

<b>CALORIES</b>	329
<b>PROTEIN</b>	13 G
<b>CARBOHYDRATE</b>	59 G
<b>TOTAL FAT</b>	6 G

<b>PREP TIME:</b>	5 MINUTES
<b>COOK TIME:</b>	20 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	2 C PASTA AND VEGETABLES

<b>2 C</b>	DRY WHOLE-WHEAT BOWTIE PASTA (FARFALLE) (8 OZ)
<b>1 TBSP</b>	OLIVE OIL
<b>1 TSP</b>	GARLIC, MINCED (ABOUT 1 CLOVE)
<b>1 BAG</b>	(16 OZ) FROZEN PEAS AND CARROTS
<b>2 C</b>	LOW-SODIUM CHICKEN BROTH
<b>2 TBSP</b>	CORNSTARCH
<b>1 TBSP</b>	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
<b>1</b>	MEDIUM LEMON, RINSED, FOR 1 TSP ZEST (USE A GRATER TO TAKE A THIN LAYER OF SKIN OF THE LEMON)
<b>¼ TSP</b>	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.
- 03 Meanwhile, heat olive oil and garlic over medium heat in a large sauté pan. Cook until soft, but not browned.
- 04 Add peas and carrots. Cook gently until the vegetables are heated through.
- 05 In a bowl, combine chicken broth and cornstarch. Mix well. 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.
- 07 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