

# Pasta Primavera

April 2022 Recipe



Makes: 3 servings

## Ingredients

1 cup noodles (uncooked)  
1 Tbsp. vegetable oil  
2 cups mixed vegetables (chopped)  
1 cup tomatoes (chopped)  
1 Tbsp. margarine  
¼ tsp. garlic powder  
1/8 tsp. black pepper  
3 Tbsp. Parmesan cheese

## Nutritional information for 1 serving

Calories	336
Total fat	11 g
Saturated fat	2 g
Cholesterol	3 mg
Sodium	147 mg
Carbohydrate	48 g
Dietary fiber	8 g
Total sugars	6 g
Added sugars included	0 g
Protein	11 g

## Directions

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in a skillet.
3. Add vegetables and saute until tender. Stir constantly.
4. Add tomatoes and saute for two more minutes.
5. Toss vegetables with noodles and margarine.
6. Add seasonings. Sprinkle with Parmesan cheese.