



## **Cheesy Pasta with Summer Veggies**

Serves: 6 | Serving Size: 1 1/2 cups

### Ingredients Needed:

- 4 cups assorted vegetables, sliced (zucchini, broccoli, peas)
- 1 cup grape or other fresh tomatoes (chopped and seeds removed)
- 2 cups (about 8 ounces) whole wheat pasta (rotini, bow tie, penne)
- 1 1/2 tablespoons vegetable oil
- 2 medium garlic cloves, minced, or 1/4 teaspoon garlic powder
- 1/2 cup onion, chopped (about 1/2 medium onion)
- 1 teaspoon dried Italian seasoning
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/4 cup Parmesan cheese
- 1/2 cup mozzarella cheese, shredded

### Directions:

1. Wash and prepare vegetables and tomatoes.
2. Cook pasta according to package directions. Drain water from cooked pasta and save 1/4 cup of water.
3. As pasta cooks, heat oil in a large skillet. Add garlic and onion to the skillet. Sauté over medium heat about 1-2 minutes or until soft.

4. Add any uncooked hard vegetables and cook for 3 minutes. Add soft vegetables and continue to cook. Add Italian seasoning, salt and pepper. Add tomatoes last and cook until warm.
5. Add cooked drained pasta to the vegetables. Add a little of the water from the pasta, if needed.
6. Add cheeses to the mixture. Stir until the cheese is mostly melted. Serve immediately.

Tips:

- Pasta and cheese may help picky eaters enjoy vegetables. Vary the flavors and colors.
- Add protein to this dish by stirring in cooked beans, meat or fish.
- Use thawed frozen vegetables in this recipe.
- Keep pasta on hand and use it when you have extra vegetables.
- Use this recipe for a quick, delicious, and nutritious meal.

This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart, Eat Smart website.