

buttons & bows pasta



National Heart, Lung,
and Blood Institute

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Ingredients

2 cups dry whole-wheat
bowtie pasta (farfalle)
(8 ounces)

1 tablespoon olive oil

1 teaspoon garlic, minced
(about 1 clove)

1 bag (16 ounces) frozen
peas and carrots

2 cups low-sodium chicken
broth

2 tablespoons cornstarch

1 tablespoon fresh parsley,
rinsed, dried, and chopped
(or 1 teaspoon dried)

1 medium lemon, rinsed,
for 1 teaspoon zest (use a
grater to take a thin layer
of skin off the lemon)

$\frac{1}{4}$ teaspoon ground black
pepper

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1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta, and cook according to package directions. Drain.
3. Meanwhile, heat olive oil and garlic over medium heat in a large sauté pan. Cook until soft, but not browned.
4. Add peas and carrots. Cook gently until the vegetables are heated through.
5. 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.
6. Add parsley, pasta, lemon zest, and pepper. Toss gently, and cook until the pasta is hot.
7. Serve 2 cups of pasta and vegetables per portion.

Yield 4 servings, **Serving Size** 2 cups pasta and vegetables, **Calories** 329,
Total Fat 6 g, **Saturated Fat** 1 g, **Cholesterol** 0 mg, **Sodium** 127 mg,
Total Fiber 9 g, **Protein** 13 g, **Carbohydrates** 59 g, **Potassium** 331 mg