buttons & bows pasta

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)
¼ teaspoon ground black pepper

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

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