

pasta  
primavera



National Heart, Lung,  
and Blood Institute

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## Ingredients

8 ounces dry whole-wheat spaghetti

1 tablespoon olive oil

1 teaspoon garlic, minced (about  $\frac{1}{2}$  clove)

4 cups assorted cooked vegetables—such as red pepper strips, broccoli florets, carrot sticks, or green beans

1  $1\frac{1}{2}$ -ounce can no-salt-added diced tomatoes

1  $5\frac{1}{2}$ -ounce can low-sodium tomato juice

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

$\frac{1}{4}$  cup grated parmesan cheese

## pasta primavera

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add spaghetti, and cook according to package directions. Drain.
3. Meanwhile, combine olive oil and garlic in a large sauté pan. Cook until garlic is soft, but not browned (about 30 seconds).
4. Add mixed vegetables, and cook until vegetables are soft, but not browned (about 3–5 minutes).
5. Add diced tomatoes, tomato juice, and pepper. Bring to a boil. Reduce heat, and simmer for 5 minutes.
6. Add spaghetti and parmesan cheese. Toss until the pasta is hot and well mixed, and serve.

**Yield** 4 servings, **Serving Size** 2 cups pasta and vegetables, **Calories** 319, **Total Fat** 6 g, **Saturated Fat** 2 g, **Cholesterol** 4 mg, **Sodium** 167 mg, **Total Fiber** 12 g, **Protein** 13 g, **Carbohydrates** 59 g, **Potassium** 596 mg