

PASTA PRIMAVERA WITH FROZEN VEGETABLES



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SERVINGS: 6 | **SERVING SIZE: 1¼ CUP**

★ **Calories:** 380 **Total Fat:** 5.5g **Saturated Fat:** 1.5g **Sodium:** 530mg **Carbohydrates:** 68g **Fiber:** 5g **Protein:** 13g

INGREDIENTS

- 4 cups rotini or other similar shaped pasta, whole grain or regular, uncooked
- 1 10-ounce package frozen vegetables
- 1 24-ounce jar spaghetti sauce
- 1/4 cup of water
- 1/4 cup grated or powdered Parmesan cheese

DIRECTIONS

1. Prepare pasta according to package directions.
2. Add frozen vegetables during the last five minutes of cooking time, when pasta has been cooked for roughly 3-5 minutes.
3. Drain pasta and vegetables. Set aside.
4. In the large pot, bring the spaghetti sauce to a boil over medium heat.
5. Add the pasta and vegetables to the spaghetti sauce, and turn off heat.
6. Dish pasta evenly into bowls, and top each with a spoonful of grated Parmesan.

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