

# 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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