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Nutrition Per Serving:

calories	392
protein	13 g
carbohydrate	59 g
total fat	6 g

Prep time:	5 minutes
Cook time:	20 minutes

Yield:	4 servings
Serving size:	2 C pasta and vegetables

- 2 C dry whole-wheat bowtie pasta (farfalle) (8 oz)
- 1 Tbsp olive oil
- 1 tsp garlic, minced (about 1 clove)
- 1 bag (16 oz) frozen peas and carrots
- 2 C low-sodium chicken broth
- 2 Tbsp cornstarch
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- 1 medium lemon, rinsed, for 1 tsp zest (use a grater to take a thin layer of skin off the lemon)
- ¼ tsp ground black pepper



BUTTONS AND BOWS PASTA

this light and lemon-y meal is a refreshing change to the same old pasta

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.



Note: Substitute cooking spray for olive oil and save calories and fat. Children can help layer the “lasagna” ingredients.

Children can help measure the dry pasta and mix ingredients together.