



NUTRITION PER SERVING:

CALORIES 329
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 OF 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

- 01 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 02 Add pasta, and cook according to package directions. Drain.
- 03 Meanwhile, heat olive oil and garlic over medium heat in a large sauté pan. Cook until soft, but not browned.
- 04 Add peas and carrots. Cook gently until the vegetables are heated through.
- 05 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.
- 06 Add parsley, pasta, lemon zest, and pepper. Toss gently, and cook until the pasta is hot.
- 07 Serve 2 cups of pasta and vegetables per portion.

Note: Substitute cooking spray for olive oil and save calories and fat.

 Children can help measure the dry pasta and mix ingredients together