

Pasta Primavera

MAIN DISHES

Stovetop • ~25 min • Serves 6 • about 2 cups each

EXCELLENT SOURCE OF FIBER

CALORIES 320

• PROTEIN 13 G

• FIBER 6 G (21% DV)

INGREDIENTS

- 12 oz whole-grain pasta
- 2 Tbsp olive oil
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 1 red bell pepper, sliced
- 2 cups broccoli florets
- 1 cup cherry tomatoes, halved
- 3 cloves garlic, minced
- ½ cup grated Parmesan cheese
- ¼ cup fresh basil, chopped (or 4 tsp dried)
- ½ tsp sea salt
- ¼ tsp black pepper

NUSTART KITCHEN

DIRECTIONS

- 1 Cook the pasta per package directions; reserve ½ cup of the cooking water, then drain.
- 2 Meanwhile, heat the olive oil in a large skillet over medium-high; sauté the zucchini, squash, bell pepper, and broccoli until crisp-tender, about 6 minutes.
- 3 Add the garlic and cherry tomatoes; cook 1–2 minutes more.
- 4 Toss the pasta with the vegetables, Parmesan, basil, salt, and pepper, adding a splash of the reserved cooking water to loosen. Serve warm.

WHAT MAKES THIS FILLING. The whole-grain pasta and the vegetables together carry the 6 grams of fiber in a serving, and fiber and protein are what tend to keep you full longest. Protein is the lighter half here at 13 grams, most of it from the pasta and the Parmesan. Cooked chicken or white beans stirred in at the end close that gap and turn a side into a meal.

NOTE. Reserve the pasta water before you drain. A splash of it loosens the dish without more oil, and it is the difference between a sauce that coats and one that sits at the bottom of the bowl.

Fiber uses FDA thresholds: 20% or more of the Daily Value is an excellent source, 10–19% a good source (21 CFR 101.54); the fiber Daily Value is 28 g. Protein is shown in grams. Per-serving values are from USDA FoodData Central reference amounts, approximate, and vary with brand, variety, and preparation.

Grocery List

PASTA PRIMAVERA

Serves 6, about 2 cups each. What to **buy**. The card on the other side has what to use.

AISLE BY AISLE
TAKE THIS PAGE TO THE STORE
CHECK OFF EACH BOX AS YOU SHOP

PRODUCE

- ☐ 1 zucchini
- ☐ 1 yellow squash
- ☐ 1 red bell pepper
- ☐ 1 medium head broccoli · you need about 2 cups of florets
- ☐ 1 pint cherry tomatoes
- ☐ 1 head garlic · you need 3 cloves
- ☐ 1 small bunch fresh basil · or dried basil from your spice rack

DAIRY & EGGS

- ☐ 1 wedge or small tub of grated Parmesan · you need ½ cup

PANTRY

- ☐ 1 box whole-grain pasta, 12 oz

YOU MAY ALREADY HAVE · *check these before you shop*

- ☐ Olive oil
- ☐ Sea salt
- ☐ Black pepper

ALSO PICKING UP

write the rest of your list here, so it all travels on one page

Quantities here are what to **buy** for one batch. Package sizes vary by store and brand, so a bag or a jar may cover several batches.
Print double-sided, flipped on the long edge, so the recipe and its grocery list stay one sheet.