



# Pasta Primavera

Adapted from *What's Cooking? USDA Mixing Bowl*.



## Ingredients

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1 cup noodles, uncooked           | 1 tablespoon margarine        |
| 1 tablespoon vegetable oil        | 1/4 teaspoon garlic powder    |
| 2 cups mixed vegetables (chopped) | 1/8 teaspoon black pepper     |
| 1 cup tomatoes (chopped)          | 3 tablespoons Parmesan cheese |



## Directions



**Yield: 3 servings Serving size: 1/3 serving**

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in a skillet.
3. Add vegetables and saute until tender; stir constantly.
4. Add tomato and saute 2 more minutes.
5. Toss vegetables with noodles and margarine.
6. Add seasonings; sprinkle with Parmesan cheese.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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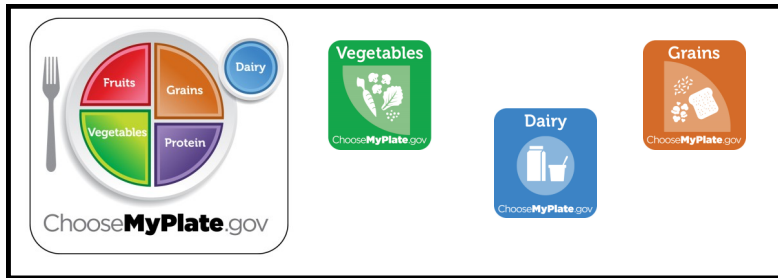
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Have other spring veggies on hand? Add what veggies you have.
- The recipe works well without the parmesan cheese as well.

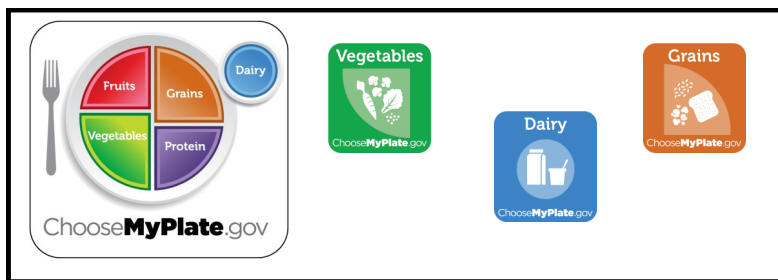
Nutrition Information	
Serving Size: 1/3 of recipe (180g)	
<a href="#">Show Full Display.</a>	
Nutrients	Amount
Total Calories	336
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	3 mg
Sodium	147 mg
Carbohydrates	48 g
Dietary Fiber	8 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	11 g
Vitamin D	0 mcg
Calcium	103 mg
Iron	2 mg
Potassium	398 mg
N/A - data is not available	

Second Harvest is an equal opportunity provider.

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## Featured Food Groups



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