



EATING SMART  
BEING ACTIVE

## Winter Italian Vegetables

Makes 6 servings (1 cup per serving)

Preparation time: 15 minutes

Cooking time: 10 to 15 minutes

### Ingredients

- 1 ½ cups uncooked spiral pasta
- 1 ½ cups water
- 1 (15 ounce) can tomato sauce
- 1 cup chopped broccoli
- 1 cup chopped cauliflower
- 2 medium zucchini, sliced
- 1 medium onion, diced
- 1 cup diced celery
- 2 teaspoons Italian seasoning
- Salt and pepper to taste

### Directions

1. Wash all vegetables.
2. Collect, cut, and measure all ingredients before starting to prepare the recipe.
3. Put 1 ½ cup of water and 15 ounce can of tomato sauce in a large skillet and bring to a boil. Add dry pasta. Cover and cook pasta for 3 minutes.
4. Add all the vegetables and Italian seasoning. Stir, reduce heat to medium low, cover, and simmer for about 8 minutes or until vegetables and pasta are tender.
5. Taste, and add a small amount of salt and pepper if desired.
6. Serve hot.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!** Make it a meal by adding seasoned, cooked ground beef or turkey.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 Cup (284g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 470mg	<b>21%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 51mg	<b>4%</b>
Iron 2mg	<b>10%</b>
Potassium 610mg	<b>15%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



This material is based upon work that is supported by the National Institute of Food and Agriculture, US Department of Agriculture.

United States  
Department of  
Agriculture

USDA is an equal opportunity provider and employer.

© 2016 Colorado State University all rights reserved.

National Institute  
of Food and  
Agriculture

