



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.

Nutrition Facts	
6 servings per container	
Serving size	1 Cup (284g)
Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 2mg	10%
Potassium 610mg	15%

*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.



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Fruits and Veggies: Half Your Plate