



Vary Your Veggies... Focus on Fruit



EFNEP

Expanded Food and Nutrition Education Program

Winter Italian Vegetables

Makes 6 (1 cup) servings
Preparation time: 15 minutes
Cooking time: 20-25 minutes

Ingredients

- 2 cups water
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 2 small zucchini, sliced
- 1 small onion, diced
- 3 stalks celery, chopped
- 1 (8-ounce) can tomato sauce
- 2 teaspoons basil
- 1 teaspoon salt (optional)
- 1 pound package any shape pasta, cooked

Directions

1. Put 1 cup of hot water in a saucepan.
2. Add vegetables and cook for 5 minutes.
3. Add tomato sauce, remaining cup of water, basil and salt.
4. Simmer until heated thoroughly.
5. Serve with cooked pasta.
6. Refrigerate leftovers.

Nutrition Facts

Serving Size 1 cup (284g)
Servings Per Container 6

Amount Per Serving

Calories 150 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Total Carbohydrate 31g **10%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 6g

Be Creative!

Try adding 1 pound of seasoned, cooked ground beef or turkey.

