



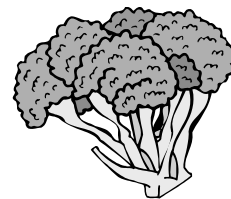
Washington Farmers
Market Nutrition Program

Ingredients:

- 2 teaspoons vegetable oil
- 1/2 cup chopped carrot
- 1/4 cup chopped red onion
- 1 cup broccoli, chopped
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 clove garlic, minced
- 1 1/2 cups pasta - cooked, drained and rinsed (any shape)
- 2 tablespoons parmesan cheese

Pasta Delight

Makes 2-3 servings



Directions:

1. Cook pasta according to package instructions.
2. Heat oil in a large skillet. Sauté carrots, onion and broccoli for 5 minutes, stirring often.
3. Add oregano, basil and garlic. Sauté for 2-3 more minutes.
4. Add cooked pasta to vegetables and gently combine with a large spoon or spatula.
5. Sprinkle parmesan cheese over pasta, cover and cook for 1 more minute. Serve hot.



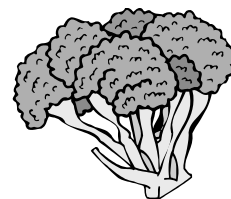
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Nutrition Facts	
Serving size: 1/3 recipe (121g)	
Servings Per Recipe 3	
Amount Per Serving	
Calories 147	Cal. from Fat 41
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	4%
Cholesterol 2mg	0%
Sodium 72mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 5g	
Vitamin A 135%	Vitamin C 40%
Calcium 8%	Iron 8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Pasta Delight

OPTIONS

- Try using other vegetables such as cauliflower, zucchini or fresh tomatoes.
- Use brightly colored pasta for a beautiful dish.
- Substitute 1 tablespoon fresh herbs for dried oregano and basil.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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