

Penne with Vegetables

Nutritional information on back.



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Penne with Vegetables

- 8 oz. uncooked whole-wheat penne pasta
- 4 cups broccoli florets
- 2 Tbsp. olive oil, divided
- 4 cloves garlic, minced
- 1 small onion, thinly sliced
- 1 medium green bell pepper, cut into thin slices
- 1 medium red bell pepper, cut into thin slices
- 1½ cup fresh mushrooms, sliced
- 1 medium zucchini, sliced, about 2 cups
- ½ cup fat-free, reduced-sodium vegetable or chicken broth
- 1 - 2 tsp. dried Italian seasoning
- 2 large fresh tomatoes, diced
- 4 cups fresh chopped spinach leaves
- ½ tsp. grated fresh lemon rind
- Salt and pepper to taste
- ¼ cup grated Parmesan cheese (Pecorino Romano may be substituted)
- ¼ cup fresh basil leaves, for garnish



Cook pasta per package directions. Add broccoli last 2 minutes of cooking time. Drain pasta/broccoli well and set aside in a large bowl. In large skillet add 1 tbsp. oil, garlic, onion, bell peppers and mushrooms and sauté over medium-high heat stirring occasionally until onions and peppers are tender, about 2 minutes. Add zucchini and continue to sauté for another 2 minutes, stirring occasionally. Add broth and Italian seasoning and cook for about 1 minute. Reduce heat to medium, add tomatoes and cook for 5 minutes, stirring frequently. Stir in spinach and lemon rind. Cook covered for about 2 minutes or until spinach is tender. Add cooked mixture to pasta/broccoli and toss to coat well. Season with salt and pepper. Drizzle with remaining olive oil and top with Parmesan cheese. Garnish with fresh basil leaves. Makes 6 servings

Nutritional information per serving

260 calories, 8 g total fat (1.5 g saturated fat), 41 g carbohydrate, 10 g protein, 8 g dietary fiber, 150 mg sodium