QUICK VEGGIE-LOADED PASTA

Try this simple dish using frozen vegetables to save prep time. Add your favorite sauce and you have a tasty meal!

Make 4 servings
Adapted from Cooking Matters at Home
https://cookingmatters.org/sites/cookingmatters.org/files/Step-by-StepPastaDinner.pdf

Ingredients:

Whole grains:
- 1/2 pound whole grain pasta

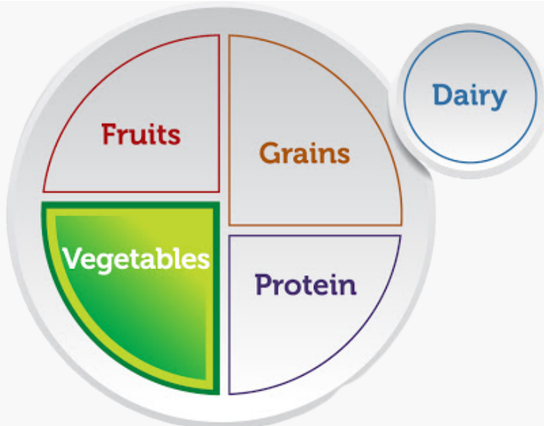
Protein:
- 1 pound of lean ground beef or turkey OR 1 pound cubed chicken breast

Vegetables:
- 1 bag of frozen mixed vegetables, no sodium added

Sauce:
- Jar of marinara, low sodium or low-fat cheese sauce

Seasoning:
- Any of your favorite dried herbs/spices

Directions



1. Cook pasta according to package directions. In a colander, drain pasta.
2. Cook protein as needed. If using, add optional fresh garlic during the last minute of cooking time.
3. Cook veggies by steaming, grilling, roasting, sauteeing, or adding to boiling pasta water during the last few minutes of cooking.
4. In a large pot over medium heat, heat sauce. If using, add optional spices.
5. Add protein and veggies to heat through.
6. Toss with hot cooked pasta and serve.

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