BODYELITEFIT

BUTTONS AND BOWS PASTA

THIS LIGHT AND LEMON-Y MEAL IS A REFRESHING CHANGE TO THE SAME OLD PASTA

NUTRITION PER SERVING:

CALORIES	329
PROTEIN	13 G
CARBOHYDRATE	59 G
TOTAL FAT	6 G

PREP TIME:	5 MINUTES
COOK TIME:	20 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 C PASTA AND VEGETABLES

2 C	DRY WHOLE-WHEAT BOWTIE PASTA (FARFALLE) (8 OZ)
1 TBSP	OLIVE OIL
1 TSP	GARLIC, MINCED (ABOUT 1 CLOVE)
1 BAG	(16 OZ) FROZEN PEAS AND CARROTS
2 C	LOW-SODIUM CHICKEN BROTH
2 TBSP	CORNSTARCH
1 TBSP	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
1	MEDIUM LEMON, RINSED, FOR 1 TSP ZEST (USE A GRATER TO TAKE A THIN LAYER OF SKIN OF THE LEMON)
¼ TSP	GROUND BLACK PEPPER

01 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.

02 Add pasta, and cook according to package directions. Drain.

03 Meanwhile, heat olive oil and garlic over medium heat in a large sauté pan. Cook until soft, but not browned.

04 Add peas and carrots. Cook gently until the vegetables are heated through.

05 In a bowl, combine chicken broth and cornstarch. Mix well. Add to pan with vegetables, and bring to a boil. Simmer gently for 1 minute.

06 Add parsley, pasta, lemon zest, and pepper. Toss gently, and cook until the pasta is hot.

07 Serve 2 cups of pasta and vegetables per portion.

Note: Substitute cooking spray for olive oil and save calories and fat.

✔ Children can help measure the dry pasta and mix ingredients together

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