

# Hearty Vegetable Pasta

Winter veggies shine in this hearty and kid-friendly dish.

Makes: 16 Servings  
Prep Time: 15 minutes  
Cook Time: 20 minutes

Source: Cooking Matters

## Ingredients

- 1 (16-ounce) package whole grain penne pasta
- 1 medium onion
- ½ pound carrots, or combination of carrots and winter squash
- 2 Tablespoons canola oil
- 1 (26-ounce) jar marinara sauce
- 1 (10-ounce) package firm tofu
- ⅓ cup milk
- ¼ teaspoon salt
- Dash of ground nutmeg

## Directions

1. Cook pasta using package directions. Prepare sauce while pasta cooks.
2. Peel and rinse onion. Dice onion into ¼-inch pieces.
3. Rinse, peel, and grate carrots. (If using winter squash, adults should rinse and peel before passing off to children to grate.)
4. In a large skillet over medium-low heat, heat oil. Add onions and cook 5 minutes. Add grated carrots and cook 5 minutes more.
5. Add marinara sauce to vegetables. Drain tofu. Crumble into sauce. Mix well.
6. Raise heat to medium. Cook until sauce begins to simmer, about 7 minutes.
7. Pour in milk. Stir to combine.
8. Pour sauce over cooked, drained pasta. Just before serving, add salt and nutmeg. Stir.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 3/4 cup	
Nutrients	Amount
Calories:	180
Total Fat:	4.5 g
Saturated Fat:	0.5 g
Cholesterol:	0 mg
Sodium:	250 mg
Total Carbohydrates:	29 g
Dietary Fiber:	3 g
Total Sugars:	4 g
Added Sugars:	n/a
Protein	8 g

## Utensils Needed

- Box grater
- Colander
- Cutting board
- Large pot
- Large skillet
- Measuring cups
- Measuring spoons
- Mixing spoon
- Sharp knife
- Vegetable peeler

# SHOPPING LIST

Average total cost of ingredients without oil, and seasonings/spices: \$6.65

Average cost/serving: \$0.42

Makes: 16 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Whole Grain Penne Pasta, 16 oz



Add 1 to Cart  
Marinara Sauce, 26 oz



Add 1 to Cart  
Onion



Add 1 to Cart  
Firm Tofu, 16 oz



Add 1 to Cart  
Carrots, 1 lb



Add 1 to Cart  
Fat Free Skim Milk, 1/2 gallon

## My Cooking Notes