

Bow Tie Pasta with Zucchini Sauce

This easy recipe can be made with a variety of ingredients. Try using different pasta shapes, and add more veggies in step 4 if you like, such as diced carrots or tomatoes, peas, or corn.

Makes: 6 servings

Source: [cookingmatters.org/recipe/ Bow Tie Pasta with Zucchini Sauce](http://cookingmatters.org/recipe/Bow-Tie-Pasta-with-Zucchini-Sauce)

Ingredients

- 2 cups whole wheat bow tie pasta
- 1 small clove garlic
- 2 medium zucchini (10 ounces by weight, about 2/3 of a pound)
- 1 tablespoon canola oil
- ½ cup Parmesan cheese, grated
- ¼ teaspoon salt
- Pinch ground black pepper

Directions

1. Cook pasta according to package instructions. Prepare zucchini sauce while pasta is cooks.
2. Peel and mince garlic.
3. Rinse and grate zucchini. Measure 2 cups grated zucchini.
4. In a large skillet over medium heat, heat oil. Add zucchini and minced garlic. Cook until mixture softens and zucchini yields some liquid, about 5 minutes.
5. Drain pasta, reserving ½ cup cooking liquid.
6. Add 1-2 teaspoons cooking liquid to zucchini mixture. Add drained pasta. Stir, coating pasta evenly with sauce. Add more pasta water as needed.
7. Transfer pasta to large bowl for serving. Sprinkle with grated Parmesan. Season with salt and pepper. Toss to combine.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 2/3 Cup	
Nutrients	Amount
Calories:	170
Total Fat:	6 g
Saturated Fat:	1.5 g
Cholesterol:	5 mg
Sodium:	220 mg
Total Carbohydrates:	25 g
Dietary Fiber:	3 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	7 g

Utensils Needed

- Box grater
- Colander
- Cutting board
- Knife
- Large bowl
- Large pot
- Large skillet
- Measuring cups
- Measuring spoons
- Mixing spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$8.46

Average cost/serving: \$1.41

Makes: 6 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
Bow Tie Pasta 12 oz



Add 1 to Cart
Fresh Garlic



Add 2 to Cart
Fresh Zucchini



Add 1 to Cart
Grated Parmesan Cheese

My Cooking Notes
