Hearty Vegetable Pasta

Winter veggies shine in this hearty and kidfriendly dish.

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

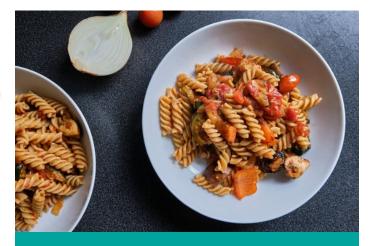
Source: Cooking Matters

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
- ¹/₃ cup milk
- 1/4 teaspoon salt
- · Dash of ground nutmeg

Directions

- Cook pasta using package directions. Prepare sauce while pasta cooks.
- 2. Peel and rinse onion. Dice onion into ¼-inch pieces.
- 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.
- Add marinara sauce to vegetables. Drain tofu. Crumble into sauce. Mix well.
- 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:	<u>0 mg</u>
Sodium:	250 mg
Total Carbohydrates:	29 g
Dietary Fiber:	<u>3 g</u>
Total Sugars:	<u>4 g</u>
Added Sugars:	n/a
Protein	<u>8 g</u>

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

