



# Pasta Primavera

*Family Friendly*

Vegetarian - Low Fat

## Ingredients

Servings: 8

Prep Time: 5 minutes

Cook Time: 25 minutes

- 1 lb. **pasta** (rotini or penne recommended)
- 1 large **zucchini** (or 2 small)
- 1 can **mixed vegetables**, 14.5 oz, drained
- 1 can **diced tomatoes**, 14.5 oz, drained
- 1/3 cup **parmesan cheese**, shredded
- 1/4 cup **milk**
- 1 tbsp **garlic powder**
- 1 tsp **Italian seasoning**

---

## Directions

1. Chop zucchini and set aside.
2. Boil pasta according to package directions.
3. Three minutes before the pasta is finished, add chopped zucchini to the boiling water.
4. Reserve 1 cup of pasta water. Strain pasta and zucchini.
5. Return pasta, zucchini, and 1 cup water to the pot and place on medium heat.
6. Add mixed vegetables, tomatoes, milk, cheese and seasonings. Stir and simmer for 5-10 minutes until combined.

Recipe adapted from SNAP4CT

Photo courtesy of Smalltownwoman.com