

# Pasta Primavera

## Ingredients:

- 1 cup zucchini
- ¾ cup onion, chopped
- 1 cup mushrooms
- ⅔ cup snow peas
- 1 tsp. garlic cloves, minced
- 1 cup chopped tomatoes, fresh
- 16 oz. package angel hair pasta, whole wheat
- .25 oz. McKays Chicken Seasoning
- 1 tsp. dried basil
- ⅓ cup nutritional yeast flakes
- 1 tbsp. extra virgin olive oil
- ½ cup low sodium vegetable broth
- ½ tsp. salt



<b>Nutrition Facts</b>			
Serving Size 1 cup (227g)			
Servings Per Container 5			
<b>Amount Per Serving</b>			
<b>Calories</b> 410		Calories from Fat 60	
% Daily Value*			
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 0.5g			<b>3%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 480mg			<b>20%</b>
<b>Total Carbohydrate</b> 74g			<b>25%</b>
Dietary Fiber 10g			<b>40%</b>
Sugars 6g			
<b>Protein</b> 14g			
Vitamin A 8%		• Vitamin C 25%	
Calcium 6%		• Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9		• Carbohydrate 4 • Protein 4	

## Directions:

1. Bring a pot of water to a rapid boil. Heat a tsp. of olive oil in a sauce pan on medium high heat. Sauté onion until translucent, add peas, mushrooms, ¼ tsp. of salt and minced garlic. Sauté until tender.
2. Add squash and tomatoes, continue to sauté until heated through. Less than 1 minute, to avoid overcooking squash. Set aside.
3. Add pasta to boiling water. Cook until al dente. When pasta is cooked, drain water.
4. To the pasta, add your cooked vegetables, seasoning, remaining salt and oil, basil, nutritional yeast flakes, and vegetable broth.
5. Toss lightly and serve immediately.