

# Fettuccine with Fresh Vegetables

## Ingredients:

8 oz. fettuccine, uncooked  
 2½ tbsp. olive oil  
 ½ cup light sour cream  
 1 tbsp. garlic, minced  
 2 tbsp. Mrs. dash® garlic & herb seasoning blend  
 1 red bell pepper, medium, cored and seeded, cut into thin strips  
 1 yellow bell pepper, medium, cored and seeded, cut into thin strips  
 2 cup asparagus, chopped  
 ¼ cup lemon juice, fresh



## Nutrition Facts

Serving Size 6 oz or 3/4 cup (174g)  
 Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein</b> 7g	
Vitamin A 20%	Vitamin C 150%
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. Prepare pasta according to package directions.
2. Bring a 2 cups of water to a boil in a medium sauce pan.
3. Add asparagus and cook for about 2 minutes or until bright green.
4. Drain in a colander and immerse in an ice water bath to stop cooking. Set aside.
5. Meanwhile, heat oil in large skillet over medium heat; Add peppers, garlic and Mrs. Dash® Garlic & Herb seasoning blend.
6. Cook and stir until tender, about 4 minutes.
7. Toss together hot pasta, vegetables, lemon juice and sour cream.