

Summer Garden Pasta



Ingredients

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|--------------------------------------|---|
| 1 16-oz pkg fusilli or rotelli | 2 C diced, fresh tomato |
| 2 Tbsp olive oil | 1/3 C chopped, fresh parsley |
| 3 C diced yellow squash (about 1 lb) | 2 Tbsp chopped fresh mint |
| 1 C thinly sliced red onion | 1 Tbsp chopped fresh or 1 tsp dried thyme |
| 1 C diced red bell pepper | 3/4 tsp salt |
| 1 C thinly sliced carrot | 1/2 tsp black pepper |
| 2 garlic cloves, minced | |

Nutrition Facts

Serving size: 2 cups
Calories: 373
(15% from fat)
Fat: 6g (saturated 1g)
Carbohydrate: 68g
Protein: 12g
Fiber: 5g
Sodium: 315mg

Serves 6

Preparation

To save time, chop the vegetables while the pasta is cooking.

Cook pasta in boiling water for 8 minutes. Drain in a colander over a bowl, reserving 1/2 cup cooking liquid.

Heat the oil in a large nonstick skillet over medium heat. Add squash, onion, bell pepper, carrot, and garlic, and sauté for 8 minutes. Stir in the pasta, reserved cooking liquid, tomato, and remaining ingredients, and cook until thoroughly heated.

Source: Cooking Light Magazine

Picture may not represent actual recipe.

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