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# QUICK PENNE PASTA WITH VEGGIES

*Serving Size: 1 Cup*

## INGREDIENTS

8 ounces uncooked penne pasta  
2 tablespoons extra-virgin olive oil  
2 cloves garlic, minced  
1 16-ounce package frozen broccoli florets, thawed  
1 16-ounce can garbanzo beans, drained and rinsed  
1 medium-size red bell pepper, thinly sliced; slices halved  
½ teaspoon salt  
¼ cup freshly grated or shredded Parmesan cheese  
Freshly ground black pepper to taste

## DIRECTIONS

1. Cook the pasta in boiling salted water according to the package directions.
2. Heat the oil in a large skillet over low heat.
3. Add the garlic and sauté 5 minutes, allowing the flavors to fully release into the oil.
4. Add the broccoli, beans, pepper, 3 tablespoons water, and salt.
5. Cover and adjust heat to medium. Steam, stirring occasionally, 5 to 7 minutes, or until the broccoli is hot and the pepper is crisp tender.
6. Toss the pasta with the vegetables. Top with the Parmesan cheese and fresh pepper.

*For a spicier flavor, add more garlic and/or pepper.*

*Substitute any vegetables your children (or you) like, varying cooking time as needed.*

**Nutrition Information (Per 1 Serving):** Calories: 265; Total Fat: 6g; Saturated Fat: 2g; Cholesterol: 2mg; Sodium: 215mg; Total Carbohydrate: 41g; Dietary Fiber: 7g; Protein: 12g