



Winter Italian Vegetables

Makes 6 (1 cup) servings
 Preparation time: 15 minutes
 Cooking time: 20-25 minutes

Ingredients

- 2 cups water
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 2 small zucchini, sliced
- 1 small onion, diced
- 3 stalks celery, chopped
- 1 (8-ounce) can tomato sauce
- 2 teaspoons basil
- 1 teaspoon salt (optional)
- 1 pound package any shape pasta, cooked

Directions

1. Put 1 cup of hot water in a saucepan.
2. Add vegetables and cook for 5 minutes.
3. Add tomato sauce, remaining cup of water, basil and salt.
4. Simmer until heated thoroughly.
5. Serve with cooked pasta.
6. Refrigerate leftovers.

Nutrition Facts	
Serving Size 1 cup (284g)	
Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 6g	



Be Creative!

Try adding 1 pound of seasoned, cooked ground beef or turkey.