

Pasta Primavera

4 servings

- 3 cups uncooked rotini (corkscrew pasta)
 - 1 (16-oz) bag frozen mixed vegetables
 - 1 (26-oz) jar pasta or spaghetti sauce
 - parmesan cheese
1. Prepare pasta according to package directions. Add frozen vegetables during the last 5 minutes of cooking time.
 2. Drain pasta and vegetables and set aside.
 3. Bring the spaghetti sauce to a boil over medium heat.
 4. Stir in the pasta and vegetables.
 5. Top with grated parmesan cheese.

Comments

- may substitute any type of pasta for the rotini
- do not overcook the pasta and vegetables
- may substitute other types of canned or bottled Italian sauces



HEALTHY MENU

PASTA PRIMAVERA
TOSSED GREEN SALAD
CANNED PEACH HALVES
MILK