



Winter Italian Vegetables

Serving Size: 1 cup

Yield: 6 Servings



Ingredients:

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

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.

Be Creative! Try adding 1 pound of seasoned, cooked ground beef

Nutrition Facts per Serving: Calories, 150; Calories from fat,10; Total fat, 1g; Saturated fat, 0g; Trans fat, 0g; Cholesterol, 0mg; Sodium, 260mg; Total Carbohydrate, 31g; Fiber, 4 g; Protein, 6g.

Source: *Eating Smart-Being Active Curriculum*, USDA, Expanded Food and Nutrition Program.



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