

RAINBOW Pasta

Servings: **4**

Serving Size: **1** $\frac{1}{2}$ cups pasta

Prep Time: **5** minutes

Cook Time: **15** minutes

What You Need

- 8 ounces dry pasta, such as rotini, penne, or farfalle
- 2 cups chopped fresh or frozen mixed vegetables, such as broccoli, carrots, cauliflower, and zucchini
- 1 (14.5-ounce) can diced tomatoes with Italian herbs
- 8 tablespoons shredded, part-skim Mozzarella cheese or Parmesan cheese

Get Cookin'

- 1.** With an adult's help, cook pasta as directed on the package.
- 2.** When pasta is done, add vegetables. Cook 2 more minutes for fresh vegetables or 1 minute for frozen. Turn off heat. Drain pasta and vegetables carefully.

Tip

Use whole wheat pasta. Whole grains give your body extra nutrients such as fiber.

3. Put pot back on stove over medium–low heat. Add tomatoes and their juices to the pot. Stir well. Heat 1-2 minutes.

4. Remove from heat. Split pasta and vegetables between 4 plates or bowls. Top each with 2 tablespoons cheese. Serve right away.

Try This

You can use other flavors of canned tomatoes in this recipe too. Try diced tomatoes with green chiles for spicy pasta.

