



## Easy Meal!

### Vegetable Pasta with Fresh Tomatoes

**Preparation Time:** 30 Minutes

**Cook Time:**

**Serves:** 4

**Ingredients:**

Medium zucchini, washed and ends removed  
1 medium onion, peeled and chopped  
2 cloves garlic, peeled and chopped  
1 tablespoon olive oil  
1 tablespoon dried leaf basil, crushed  
1/2 teaspoon coarsely ground black pepper  
2 cups prepared no-fat pasta sauce  
1 cup chopped fresh tomatoes  
8 ounces dried pasta, shape of choice  
1 tablespoon chopped fresh parsley or basil  
Grated parmesan cheese (optional)

**Nutrition Facts Per Serving**

Calories: 340  
Total Fat: 6.3 g  
Protein: 12 g  
Dietary Fiber: 7 g

**Cooking Instructions:**

1. Cut zucchini in quarters lengthwise and cut into 1/2-inch pieces. Place zucchini, onion, garlic, and olive oil with seasonings in large, deep skillet and sauté; over medium heat until soft. Stir often.
2. Add prepared sauce, mix well, and let simmer for 5 minutes. Stir in 1/2 cup chopped tomato and allow to heat thoroughly.
3. In a separate pot, cook pasta as directed on package. Drain well and place in large serving bowl. Add sauce and mix gently. Top with the reserved 1/2 cup chopped tomatoes and chopped herbs. Serve hot.

Recipe provided by Chef Carmen I. Jones, CCP. [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)

**\*Breakfast Tip\***

Make a double batch of pancakes and put the extras in the freezer. Take out individual serving sizes to reheat for a hearty, quick breakfast!

**\*Lunch Tip\***

Use the leftover pancakes to create an imaginative sandwich. Spread peanut butter between to pancakes and cut in half for easy management of a hearty meal.

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