

Pasta provençal



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

8

Serving size

1/8 of prepared recipe

Time to make

20 minutes preparation; 20 minutes cook time

Special criteria

[Whole grains recipes](#)

Ingredients

- 1 pound whole grain pasta (any shape)
- 1 tablespoon olive oil
- 6-8 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 3 cups canned tomatoes, diced
- 4 cups assorted vegetables, sliced or chopped (summer squash, green peppers, eggplant, etc.)
- Salt and pepper to taste
- 1 tablespoon lemon juice
- 1/4 cup grated cheese

Directions

1. Cook pasta using package directions.
2. While the pasta is cooking, heat oil in sauté pan or skillet. Add garlic and sauté until fragrant.
3. Add parsley and tomatoes. Bring to a simmer and simmer for four minutes.
4. Drain the pasta.
5. To the sauce, add vegetables, seasonings, and cooked pasta. Toss the mixture and heat thoroughly.
6. Add lemon juice and cheese just before serving.

Tips and variations

- For additional protein, toss in slices of cooked Italian sausage, grilled chicken or other cooked leftover meat when you toss the pasta into the sauce.
- This recipe can easily be adapted for make your own pasta bowls. Rather than cook the vegetables in the sauce, saute them with a little olive oil in a separate pan. Sprinkle them with the lemon juice and a little Italian seasoning, or a combination of dried oregano and basil. Create your buffet line by lining up a large bowl of pasta, the pan of prepared sauce, the pan of prepared vegetables,

a small bowl of cheese, and a small bowl of cooked meat (see above) if using.
Everyone can mix-and-match the ingredients in their own bowl.

Nutritional info

Calories

265

Total fat

4.8 g

Saturated fat

1 g

Cholesterol

3.5 mg

Sodium

275 mg

Total carbohydrates

49 g

Dietary fiber

9 g

Protein

9.3 g

Total sugar

6.4 g

Allergens

Dairy

Wheat

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