

Tuscan Vegetable Pasta Dish



Servings: 8-10 Servings size: 1 cup

Nutrition Information:

32 carbohydrates

228 calories

7g fat

9g protein

112mg sodium

Ingredients:

¼ cup olive oil

3 cloves garlic

1 red onion, sliced thin

1 green bell pepper, chopped

1 red bell pepper, chopped

1 yellow squash, sliced

1 zucchini, sliced

1-2 cans no-salt-added diced tomatoes

½ cup pitted and chopped black olives

1 can no-salt added chickpeas

⅛ cup whole fresh rosemary leaves

1 tablespoon dried Italian herbs

1 box whole wheat penne pasta

1 teaspoon red pepper flakes

1 cup chopped fresh basil (optional)

1 cup chopped fresh parsley (optional)

Directions:

1. Sauté olive oil, garlic, and onions for 1 minute.
2. Add and cook bell peppers, squash, and zucchini until tender.
3. Add in cooked pasta.
4. Stir in tomatoes, olives, chickpeas, rosemary, basil, and pepper.
5. Garnish with parsley as desired.