

Pasta Primavera

11 ingredients · 30 minutes · 4 servings



Directions

1. Cook the pasta according to package instructions. Drain and set aside.
2. In a large skillet, heat the oil over medium-high heat. Cook the broccoli for two to three minutes. Then add the onion, bell pepper, zucchini, tomatoes, Italian seasoning, and half the salt until tender, about five to eight minutes.
3. Add the pasta, lemon juice, and parmesan. Season with the remaining salt to taste, if needed.
4. Divide into bowls and garnish with parmesan (optional). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

Gluten-Free

Use brown rice pasta, quinoa pasta, or chickpea pasta instead of whole wheat penne.

More Flavor

Add garlic and garnish with parsley.

Additional Toppings

Add peas, beans, asparagus, yellow squash, red pepper flakes, or black pepper.

Make it Vegan

Use nutritional yeast or vegan cheese instead of parmesan.

Ingredients

- 3 cups Whole Wheat Penne (uncooked)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Broccoli (chopped into small florets)
- 1 cup Red Onion (sliced)
- 1 Yellow Bell Pepper (medium, sliced)
- 1 Zucchini (medium, chopped)
- 2 cups Cherry Tomatoes (halved)
- 2 tpsps Italian Seasoning
- 1/4 tsp Sea Salt (divided, to taste)
- 2 tbsps Lemon Juice (to taste)
- 1/2 cup Parmigiano Reggiano (shredded, plus more for garnish)

Nutrition

Amount per serving

Calories	398	Calcium	191mg
Fat	12g	Iron	3mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Thiamine	0.1mg
Monounsaturated	5g	Riboflavin	0.1mg
Carbs	60g	Niacin	1mg
Fiber	10g	Vitamin B6	0.3mg
Sugar	8g	Folate	58µg

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Protein	14g	Vitamin B12	0µg
Cholesterol	12mg	Phosphorous	75mg
Sodium	255mg	Magnesium	32mg
Potassium	855mg	Zinc	1mg
Vitamin A	1055IU	Selenium	1µg
Vitamin C	131mg		