Dinner Tonight!

Summer Veggies with Bow-Tie Pasta

**Ingredients:**

- 2 yellow crooked neck squash, sliced -- 6 ounces
- 2 zucchini, sliced – 6 ounces
- 12 baby carrots, sliced – 6 ounces
- ½ head red/purple cabbage, chopped – 2 ½ cups
- 3 green onions, chopped – ½ cup
- ½ green bell pepper, sliced – ½ cup
- 10 sprays “I Can’t Believe It’s Not Butter!”
- 1 box (16 oz.) Faralle pasta
- Fresh Parmesan Cheese to taste

**Directions:**

In skillet, put all vegetables with sprays of butter. Place lid on vegetables and cook until tender. In sauce pan, prepare pasta as directed on box. Drain pasta, and toss with cooked vegetables. Sprinkle with Parmesan Cheese.

Preparation Time: 30 minutes
Cook Time: 1 hour
Yield: 8 servings
Cost per serving: $1.02
Serve with: Grilled Chicken Breasts or Sliced Ham. You can even toss your meat choice in with the pasta and vegetables while cooking.

**Nutrition facts per serving:**

- Calories: 240
- Total Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 25 mg
- Total Carbohydrate: 49 g
- Protein: 9 g