

Pasta Primavera

Makes 4 servings

1 cup diced bell pepper
1 cup diced zucchini or yellow squash
2/3 cup artichoke hearts, canned and drained
2 T chopped fresh basil
1 1/2 cups alfredo sauce
4 cups cooked pasta (penne preferred)

Optional: 1 cup raw chicken bite sized pieces



Splash a few tablespoons of water in a large nonstick pan over medium heat and add chicken (if using chicken). After two minutes add bell pepper and zucchini. Cook for 3 minutes covered. Add artichoke hearts and basil and cook one more minute. Add pasta and alfredo sauce and toss together ensuring everything is heated thoroughly to eating temperature.

Nutrition information per serving (without chicken): 360 calories, 10g fat (6g saturated fat), 19g protein, 510mg sodium, 10g dietary fiber. Good source iron. Excellent source of calcium, Vitamin A and Vitamin C.

