



Pasta with Fresh Vegetables and Parmesan Cheese

Recipe Courtesy Chef Bryan Woolley

2 cups uncooked penne pasta
2 carrots, peeled, thinly sliced
1 cup frozen peas
2 Roma tomatoes, finely chopped
1 tsp Italian seasoning
1 tsp garlic powder
2 tbsp extra virgin olive oil
2 tbsp grated Parmesan cheese

1. Cook pasta as directed on the package.
2. During the last 3 minutes of cooking the pasta, add the chopped carrots and peas.
3. Drain pasta and return to the hot pan.
4. Sprinkle Italian seasoning and garlic powder over pasta. Add fresh tomatoes and salt and pepper to taste. Drizzle with olive oil and gently stir to mix.
5. Transfer pasta to serving platter. Sprinkle with Parmesan cheese.
6. Serve and Enjoy!!! Serves 6

Nutrition Facts

Serving Size: 1/6 of recipe

Calories	190
Total Fat	6g
Saturated Fat	1g
Cholesterol	0mg
Sodium	75mg
Carbohydrates	28g
Dietary Fiber	3g
Sugars	4g
Protein	6g

Diabetic Exchanges

Protein	1
Fat	1
Carbohydrates	2