

BUILD YOUR OWN Pasta Dish

Choose from your favorite ingredients and make it your own!

Prep Time: 15 minutes
Total Time: 25 minutes



NOODLE



2 cups cooked whole wheat spaghetti



2 cups cooked whole wheat rotini



2 cups cooked spaghetti squash



2 cups shredded zucchini noodles

VEGETABLE



2 cups frozen spinach



1 onion, diced



1 bell pepper, diced



1 pint mushrooms, sliced

PROTEIN



8 ounces cooked chicken thigh, chopped



1 can cannellini beans, drained and rinsed



½ pound ground turkey



1 cup cooked diced tofu

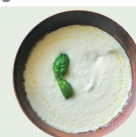
SAUCE



2 cups tomato sauce



¼ cup pesto



2 cups low-fat cheese sauce

Directions:

- Select a noodle, vegetable, protein, and sauce.
- In a saucepan, combine pasta or vegetable noodles, vegetable and protein choices. Add sauce and bring to a simmer while stirring. Serve warm and top with grated Parmesan, if desired. This would count as dairy.
- Makes 4 servings.
- To make low-fat cheese sauce: Whisk together 2 tablespoons whole-wheat flour with 2 cups cold low-fat milk. Add to saucepan and bring to simmer while stirring to prevent lumps. Let simmer for at least two minutes to thicken. Add ½ cup of reduced-fat cheese, such as mozzarella or Parmesan, and stir to combine.
- As you become more familiar with the recipe, try adding or replacing with different noodle, vegetable, protein, and sauce options.

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