Pasta Augusta

1 lb. small pasta shells or elbow macaroni
1 Tbsp olive oil
1 large onion, chopped
2 carrots, sliced in half moons
2 stalks celery, sliced
3 garlic cloves, minced
2 small zucchini, cut in half moons
1 (28-oz) can diced tomatoes with juice
1 (15-oz) can great northern beans or cannellini beans, rinsed and drained
1 Tbsp dried parsley or 1/4 cup snipped fresh parsley
1 tsp dried basil or 2 Tbsp chopped fresh basil
1/4 tsp dried oregano
Freshly ground black pepper
Grated Parmesan cheese

Directions: In a large saucepan, put water on to boil for cooking pasta. In another large saucepan, heat olive oil. Sauté onion, carrots, celery, garlic, and zucchini until onion is translucent (clear). Add tomatoes, beans and spices to vegetable mixture in saucepan. Bring to a boil and simmer for 10 minutes. While vegetable mixture is coming to a boil, cook pasta according to package directions. When done, drain in colander. Serving Suggestion: Ladle 1/2 cup vegetable mixture over 3/4 cup of cooked pasta. Top with pepper and Parmesan cheese.

Healthy Family Stir Fry

Non-stick vegetable spray
8 ounces chicken, cut into thin strips
1 clove garlic, minced
1 (16-oz) bag oriental vegetables (without added sauce or flavor packet)
2 Tbsp water (if needed)
4 cups cooked instant brown rice

For Sauce:
1/3 cup boiling water
1 bouillon cube (low sodium)
1/3 cup cool tap water
1 Tbsp cornstarch
2 Tbsp low sodium soy sauce
1 Tbsp lemon juice

Directions: Spray skillet or wok with vegetable spray. Heat over medium heat. Add chicken and stir continuously for about 3-5 minutes or until meat is no longer pink. Add garlic and continue stirring and cooking for another minute. Add vegetables and 2 tablespoons water if needed. Cook stirring often for another 3-5 minutes or until vegetables are cooked but still firm. Mix bouillon cube with boiling water in one bowl. Mix remaining ingredients together in other bowl until smooth. Add bouillon mixture and cornstarch mixture to skillet and return to heat. Stir and heat again until sauce is slightly thickened. Serve immediately over rice.
Nutrition Facts

Servings Per Recipe 12
Amount Per Serving 1/2 cup (vegetable mixture) and 3/4 cup pasta
Calories 255
Total Fat 3g
*Vitamin A 44%
*Calcium 9%

11% of total calories from fat
Sodium 148mg
*Vitamin C 17%
*Iron 16%

* Percentage Daily Values

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Nutrition Facts

Servings Per Recipe 4
Amount Per Serving
Calories 340
Total Fat 3g
*Vitamin A 13%
*Calcium 6%

8% of total calories from fat
Sodium 371mg
*Vitamin C 36%
*Iron 10%

* Percentage Daily Values

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