



FUEL & FLAVOR



PASTA WITH VEGETABLES

INGREDIENTS

- 4 cups vegetable or chicken broth
- ¼ cup water
- 2 tablespoons salted butter
- 2 garlic cloves, thinly sliced or finely chopped
- 16 ounces short pasta (penne, small shells)
- 16 ounces mixed frozen vegetables
- ½ to 1 cup grated Parmesan cheese

DIRECTIONS

1. In a sauce pot, bring the broth, water, butter and garlic to a boil.
2. When the liquid is boiling, add the pasta. The pasta will just barely be covered by the broth.
3. Set a timer for 5 minutes. Reduce the heat to medium and keep the broth at a rapid simmer. Stir the pasta frequently (keep the pot uncovered).
4. After 5 minutes, add the frozen mixed vegetables. Mix well.
5. Continue to simmer and frequently mix the pasta for another 3 to 5 more minutes until the pasta is tender. Most of the liquid will be absorbed at this point and will be completely absorbed when the pasta is ready.
6. Turn on the heat and stir in the Parmesan.
7. Put a lid on the pot and let it sit for a minute or two.
8. Add salt and pepper to taste.

OPTIONS TO HELP THIS RECIPE MEET YOUR NEEDS:

Increase calories: Add an extra 1–2 tablespoons of butter or olive oil. Stir in additional Parmesan at the end.

Boost protein: Add 1½–2 cups cooked, chopped chicken. Rotisserie chicken is a convenient option, or use leftover chicken to keep costs down.

Make it creamier: Stir in ½ cup whole milk, half-and-half, or heavy cream after cooking for additional calories and fat.

Add more protein without meat: Mix in cannellini beans or chickpeas with the frozen vegetables.

Choose higher-calorie vegetables: Frozen peas are an especially inexpensive way to add carbohydrates and some protein.

Increase portions easily: Serve with garlic bread or a piece of whole-grain bread topped with butter or olive oil.

Add flavor without extra cost: Italian seasoning, black pepper, red pepper flakes, or a little lemon juice can make the dish more flavorful.

