

STEP-BY-STEP PASTA



Pasta is a budget friendly meal that can be full of veggies and whole grains. Choose your ingredients and follow the directions for a meal for 4.

Pasta

1/2 pound

- Whole grain pasta
- Ravioli
- Egg noodles
- Any pasta not mentioned

SAUCES

See recipes on back

- Peanut sauce
- Marinara
- Canned diced or crushed tomatoes
- Cheese Sauce
- White sauce

FLAVORINGS

1/2 - 1 teaspoon

- Garlic powder or minced garlic
- Fresh or dried basil
- Fresh or dried oregano

VEGETABLES

2-3 cups total, any combo, fresh, frozen, or canned

- Bell pepper, carrot, mushroom, or onions, sliced, diced, grated
- Snow peas, sugar snap peas, or green beans, trimmed
- Spinach, chard, or kale, chopped
- Zucchini or yellow squash, sliced or grated
- Broccoli or cauliflower florets

Canned, no salt added, drained & rinsed

- Mixed Vegetables
- Spinach
- Peas

PROTEIN

14 to 16 oz. (1 pound cooked/drained)

Cut into bite-sized pieces

- Boneless skinless chicken
- Lean ground beef, turkey, or chicken
- Chicken or turkey sausage, sliced
- Canned beans, drained and rinsed
- Extra-firm tofu, cut into 1-inch cubes
- Frozen edamame (soy beans), thawed and drained

LOWCOUNTRY FOOD BANK

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INSTRUCTIONS

1. COOK PASTA



Cook pasta following package directions. While pasta is cooking, start next step.

Drain pasta once cooked.

2. COOK PROTEIN



In a large skillet over medium-high heat, heat 1 tablespoon oil. Add meat or tofu. Season with spices. Stir occasionally until cooked, about 5-10 minutes. Drain. Transfer to bowl.

3. PREPARE VEGGIES



Cook vegetables by steaming, sautéing, microwaving, roasting, or by adding to pasta water during the last 3-5 minutes of cooking.

4. HEAT SAUCE



In a large pot over medium heat, heat sauce. Add in optional spices.

5. MIX ALL TOGETHER



Add protein, veggies, and pasta to sauce. Serve.

CHEF NOTES

If you are new to whole grain pasta start with half whole grain and half regular.

SAUCE RECIPES

Peanut Sauce

In a small bowl, stir together 1/4 cup peanut butter, 1/3 cup warm water, 1/4 cup low-sodium soy sauce, 2 tablespoons apple cider vinegar, and 4 teaspoons sugar.

White Sauce

In a small bowl, whisk together 2 tablespoons cornstarch and 1 cup nonfat milk until smooth. In a large saucepan over medium heat, add milk mixture. Cook until thick, stirring constantly, about 5 minutes. Stir in 2 teaspoons mustard. Starting with 1/4 teaspoon, season with dried or fresh herbs, such as basil, parsley, or dill. Remove from heat, add salt and pepper to taste. Serve hot.

Cheese Sauce

Grate 2 oz. low fat cheddar cheese. Make white sauce (recipe above). Add cheese. Stir until melted.

COMBO IDEAS

Peanut Noodles

Whole grain spaghetti + tofu + sugar snap peas + carrots + peanut sauce

Summer Pasta Primavera

Whole grain pasta + diced tomato + cannellini beans + zucchini + garlic

Pasta & Meat Sauce

Whole grain pasta + lean ground meat + grated carrots/zucchini + marinara sauce + basil + oregano

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