



United States Department of Agriculture

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Louisiana WIC- Fuel for the Future



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Angel Food Pastry with Fresh Berries and Whipped Cream



Makes: 1 Servings

Light and fluffy angel food cake is mixed with yogurt and a sprinkle of berries on top.

Ingredients

- 1 ounce angel food cake mix (3 tablespoons)
- 1/8 cup yogurt, low-fat vanilla (2 Tablespoons)
- 3 cups raspberries (about 3)
- 2 strawberries, sliced
- 1 1/2 tablespoons lite whipped topping (can use 1-2 Tablespoons)

Directions

1. Scoop 3 Tablespoons of angel food cake mix into a microwave-safe cup or mug.
2. Add 2 Tablespoons of vanilla yogurt and stir.
3. Place in the center of the microwave oven and microwave for 1 minute.
4. Take out of microwave and let cool for 1 minute.
5. Using a knife, cut around the sides of the cup to loosen the cake and "dump" it on a plate.
6. Dole 1 Tablespoon of whipped topping on top of the cake.
7. Sprinkle raspberries around the angel cake and add sliced strawberries to top.
8. Enjoy.

Source:

Community Services for Autistic Adults and Children (CSAAC)

Nutrition Information

Serving Size: 1 Angel Food Pastry

Nutrients	Amount
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Total Calories	161
-----------------------	------------

Total Fat	2 g
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Saturated Fat	1 g
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Cholesterol	2 mg
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Sodium	259 mg
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Carbohydrates	34 g
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Dietary Fiber	2 g
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Total Sugars	25 g
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Added Sugars included	10 g
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Protein	4 g
----------------	------------

Vitamin D	0 mcg
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Calcium	108 mg
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Iron	0 mg
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Potassium	160 mg
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Nutrients will display if the data is available

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

Fruits 1/4 cups



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Avocado and Corn Salsa



Makes: 5 Servings

Avocado and corn are given a flavor boost by fresh cilantro and lime. Serve this salsa with our [Baked Chicken](#) for an easy weekday meal.

Ingredients

- 1 avocado (diced)
- 3/4 cup Frozen corn kernels, thawed
- 1/2 cup grape tomatoes, quartered
- 1 tablespoon fresh cilantro, chopped
- 2 teaspoons lime juice
- 1/4 teaspoon salt

Directions

1. Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a medium bowl.
2. Chill one hour and then serve.

Source:

Bronson Wellness Center

Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Total Calories	67
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	119 mg
Carbohydrates	8 g
Dietary Fiber	3 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	6 mg
Iron	0 mg
Potassium	235 mg

Nutrients will display if the data is available

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

Vegetables 1/2 cups



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Banana Split Oatmeal



Makes: 1 serving

Frozen yogurt and bananas turn oatmeal into a healthy dessert or satisfying snack.

Ingredients

- 1/3 cup oatmeal (dry, quick-cooking)
- 1/8 teaspoon salt
- 3/4 cup water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt (non-fat)

Directions

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Source:

University of Nebraska Cooperative Extension

Nutrition Information

Serving Size: 1 full recipe (357g)

Nutrients	Amount
------------------	---------------

Total Calories	267
-----------------------	------------

Total Fat	3 g
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	5 mg
-------------	------

Sodium	360 mg
---------------	---------------

Carbohydrates	53 g
----------------------	-------------

Dietary Fiber	4 g
---------------	-----

Total Sugars	28 g
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Added Sugars included	8 g
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Protein	9 g
----------------	------------

Vitamin D	0 mcg
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Calcium	179 mg
---------	--------

Iron	1 mg
------	------

Potassium	508 mg
-----------	--------

Nutrients will display if the data is available

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

Fruits 1/2 cups

Grains 1 ounces

Dairy 1/4 cups



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Bean and Rice Burritos



Makes: 8 servings

These baked burritos are a great way to use leftover cooked rice. Try them with brown rice for a whole grain boost.

Ingredients

- 2 cups rice (cooked)
- 1 onion (small, chopped)
- 2 cups kidney beans (cooked, or one 15 ounce can, drained)
- 8 flour tortillas (10 inch)
- 1/2 cup salsa
- 1/2 cup cheese (shredded)

Directions

1. Preheat the oven to 300 degrees.
 2. Peel the onion, and chop it into small pieces.
 3. Drain the liquid from the cooked (or canned) kidney beans.
 4. Mix the rice, chopped onion, and beans in a bowl.
 5. Put each tortilla on a flat surface.
 6. Put 1/2 cup of the rice and bean mix in the middle of each tortilla.
 7. Fold the sides of the tortilla to hold the rice and beans.
 8. Put each filled tortilla (burrito) in the baking pan.
 9. Bake for 15 minutes.
 10. While the burritos are baking, grate 1/2 cup cheese.
 11. Pour the salsa over the baked burritos. Add cheese.
 12. Serve the burritos warm.
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Source:

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network
Website Recipes

Nutrition Information

Serving Size: 1 burrito, 1/8 of recipe (187g)

Nutrients	Amount
------------------	---------------

Total Calories	358
-----------------------	------------

Total Fat	8 g
------------------	------------

Saturated Fat	3 g
---------------	-----

Cholesterol	7 mg
-------------	------

Sodium	557 mg
---------------	---------------

Carbohydrates	58 g
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Dietary Fiber	6 g
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Total Sugars	2 g
--------------	-----

Added Sugars included	0 g
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Protein	13 g
----------------	-------------

Vitamin D	0 mcg
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Calcium	161 mg
---------	--------

Iron	4 mg
------	------

Potassium	338 mg
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Nutrients will display if the data is available

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

Vegetables 1/4 cups

Grains 3 ounces

Protein Foods 1 ounce

Dairy 1/4 cups



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Black Bean Burgers



Makes: 4 Servings

Preparation Time: 30 minutes

Cook Time: 30 minutes

Black beans and cooked rice are used as the base of these delicious burgers. Flavored with scallions, garlic and spices, these are sure to please the whole family.

Ingredients

- 1 can 15.5 ounce low-sodium black beans (drained and rinsed with cold water)
- 1 large egg
- 1/2 cup cooked brown rice
- 2 scallions (green and white minced about 1/4 cup)
- 2 tablespoons Chopped fresh cilantro (or basil leaves or a combination)
- 1 clove garlic (peeled and minced)
- 1/4 teaspoon dried oregano or basil
- 1 teaspoon vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4 whole-wheat buns

Directions

1. Add beans to a bowl and mash with a fork until chunky. Add the egg and mix well.
2. Add precooked rice, scallions, garlic and oregano, salt and pepper and mix until well combined.
3. Divide the mixture into 4 portions and form each portion into a patty about $\frac{3}{4}$ to 1 inch thick.
4. Place a large skillet on the stove on high heat. When the skillet is hot, add oil. Add burgers and cook 4 to 5 minutes per side until browned on both sides and heated throughout. Place on a whole wheat bun.

Source:

USDA Center for Nutrition Policy and Promotion

Nutrition Information

Serving Size: 3 ounce

Nutrients	Amount
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Total Calories	274
-----------------------	------------

Total Fat	5 g
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	53 mg
-------------	-------

Sodium	668 mg
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Carbohydrates	47 g
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Dietary Fiber	12 g
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Total Sugars	4 g
--------------	-----

Added Sugars included	3 g
-----------------------	-----

Protein	13 g
----------------	-------------

Vitamin D	0 mcg
-----------	-------

Calcium	106 mg
---------	--------

Iron	4 mg
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Potassium	516 mg
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Nutrients will display if the data is available

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

Vegetables 3/4 cups

Grains 2 ounces

Protein Foods 1/2 ounces



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Chickpea Dip



Makes: 4 servings

Make your own delicious chickpea dip! Yogurt and paprika add a new dimension to this hummus recipe.

Ingredients

- 3 garlic cloves
- 1/4 cup yogurt (plain, low-fat)
- 1 tablespoon lemon juice (fresh)
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/8 teaspoon pepper
- 1 can chickpeas (19oz, drained garbanzo beans)

Directions

1. Wash hands with soap and water.
2. Put all ingredients into a food processor and blend until smooth.
3. Serve at room temperature with pita chips, crackers, carrots or other dipping vegetables.

Source:

More Matters Recipes

US Department of Health and Human Services
Centers for Disease Control and Prevention (CDC)

Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
-----------	--------

Total Calories	154
-----------------------	------------

Total Fat	3 g
------------------	------------

Saturated Fat	0 g
---------------	-----

Cholesterol	0 mg
-------------	------

Sodium	334 mg
---------------	---------------

Carbohydrates	24 g
----------------------	-------------

Dietary Fiber	6 g
---------------	-----

Total Sugars	5 g
--------------	-----

Added Sugars included	0 g
-----------------------	-----

Protein	8 g
----------------	------------

Vitamin D	0 mcg
-----------	-------

Calcium	70 mg
---------	-------

Iron	2 mg
------	------

Potassium	276 mg
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Nutrients will display if the data is available

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

Vegetables 1/2 cups

Protein Foods 1 1/2 ounces



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Cobb Salad with Pears



Makes: 6 Servings

Sweet and savory, this Cobb Salad is sure to delight with the addition of canned pears, carrots, and Parmesan cheese.

Ingredients

For the Salad:

- 2 canned pear halves
- 6 cups Mesclun mix baby greens
- 1/2 tablespoon Parmesan cheese
- 1 1/3 cups carrots, grated
- 3 tablespoons walnuts

For the Dressing:

- 1/4 cup pear juice
- 1/4 teaspoon cider vinegar
- 1/4 teaspoon honey
- 1/4 teaspoon dijon mustard
- 1 dash salt and black pepper
- 1/4 teaspoon extra virgin olive oil

Directions

1. For the dressing, mix pear juice, vinegar, honey, mustard, and salt and pepper and olive oil in a blender.
2. Put mixed greens in large mixing bowl, drizzle dressing over greens and mix together.
3. Add remaining chopped pear, walnuts, and grated carrots and toss lightly.
4. Portion out 1 cup of salad and top with 1/2 tablespoon grated Parmesan cheese.

Source:

Center for Nutrition Policy and Promotion

Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Total Calories	64
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	86 mg
Carbohydrates	10 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	2 g
Protein	2 g
Vitamin D	N/A
Calcium	45 mg
Iron	1 mg
Potassium	N/A

Nutrients will display if the data is available

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

Vegetables 3/4 cups



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Corn and Cucumber Salad



Makes: 7 servings

Spices and red wine vinegar dress up the vegetables in this recipe. Enjoy as a side dish with your favorite entree.

Ingredients

- 1 cup cucumber (chopped, with peel)
- 1 can corn (8 3/4 ounce, drained)
- 1 cup cherry tomatoes (chopped)
- 1/8 cup red pepper (chopped)
- 1/8 cup green pepper (chopped)
- 2 tablespoons red wine vinegar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin (ground)
- 1/4 teaspoon cilantro or coriander (dried)
- 1/8 teaspoon ground black pepper

Directions

1. Wash hands with soap and water.
2. Combine ingredients and mix well.
3. Serve cold.

Source:

ScaleDown Publishing, Inc.

Nutrition Information

Serving Size: 1/2 cup prepared vegetables, 1/7 of recipe (126g)

Nutrients	Amount
Total Calories	59
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	117 mg
Carbohydrates	13 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	2 g
Vitamin D	0 mcg
Calcium	10 mg
Iron	1 mg
Potassium	184 mg

Nutrients will display if the data is available

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

Vegetables 3/4 cups



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Easy Stuffed Pasta Shells



Makes: 8 Servings

Spinach, a mixture of low-fat cheeses, and herbs combine for a delicious filling in these stuffed shells.

Ingredients

- 1 package frozen chopped spinach, thawed (10 ounces)
- 12 ounces cottage cheese, low-fat
- 1 1/2 cups mozzarella, part skim shredded (save 1/2 cup for topping)
- 1 1/2 teaspoons dried oregano
- 1/4 teaspoon black pepper
- 1 jar light tomato basil pasta sauce, low-sodium (26 ounces)
- 1 cup water
- 6 ounces pasta shells, uncooked (large)

Directions

1. Wash hands.
2. Preheat oven to 375°. Lightly coat a 13x9x2-inch baking dish with cooking spray. Set aside.
3. Drain spinach by placing in a sieve or colander over the sink, or in a bowl and pressing with a spool to remove as much liquid as possible, or squeeze out liquid with clean hands. Place spinach in medium bowl.
4. Add the cottage cheese, 1 cup of the mozzarella cheese, oregano, and pepper to the spinach. Stir to mix thoroughly.
5. Pour half of the spaghetti sauce into prepared baking dish. Add water and stir into the mix.
6. Spoon about 3 tablespoons cheese mixture into each uncooked pasta shell and arrange in a single layer over top.
7. Sprinkle with remaining 1/2 cup mozzarella cheese evenly over sauce.
8. Cover tightly with foil. Bake for 1 hour or until shells are tender. Let stand 10 minutes before serving.

Source:

Iowa State University Extension. Spend Smart. Eat Smart.

Nutrition Information

Serving Size: 1 cup, 1/8 of recipe (235g)

Nutrients	Amount
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Total Calories	250
-----------------------	------------

Total Fat	7 g
------------------	------------

Saturated Fat	3 g
---------------	-----

Cholesterol	18 mg
-------------	-------

Sodium	334 mg
---------------	---------------

Carbohydrates	29 g
----------------------	-------------

Dietary Fiber	4 g
---------------	-----

Total Sugars	7 g
--------------	-----

Added Sugars included	1 g
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Protein	16 g
----------------	-------------

Vitamin D	0 mcg
-----------	-------

Calcium	268 mg
---------	--------

Iron	2 mg
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Potassium	461 mg
-----------	--------

Nutrients will display if the data is available

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

Vegetables 1/2 cups

Grains 1 ounces

Dairy 3/4 cups



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English Muffin Veggie Pizza



Makes: 4 servings

Create your own easy-to-make personal pizza and add your favorite veggie toppings. Choose whole wheat muffins to make this recipe even better!

Ingredients

- 1 cup broccoli (cooked chopped)
- 4 English muffins
- 1 cup pizza sauce (or spaghetti sauce)
- 1/2 cup mozzarella cheese, shredded, part skim
- 1/4 cup carrot (4 Tablespoons, shredded)
- 1/3 tablespoon Parmesan cheese (1 teaspoon, grated)

Directions

1. Cut the broccoli to make 1 cup of chopped broccoli.
2. Put the broccoli in a saucepan with water. Cook on medium until tender.
3. Drain the water from the saucepan. Let the broccoli cool.
4. Cut 4 English muffins in half. Toast the 8 muffin halves.
5. Shred the mozzarella cheese to make ½ cup of shredded cheese.
6. Peel and shred the carrots to make 3 tablespoons shredded carrots.
7. Spoon 2 tablespoons pizza sauce over each English muffin half.
8. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
9. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.
10. Sprinkle each half with 1 teaspoon grated parmesan cheese.
11. Toast in the toaster oven for 2 minutes, until the cheese melts.

Source:

Pennsylvania Nutrition Education Network

Nutrition Information

Serving Size: 2 pizzas (each made from 1/2 English muffin), 1/4 of recipe (185g)

Nutrients	Amount
Total Calories	220
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	8 mg
Sodium	576 mg
Carbohydrates	34 g
Dietary Fiber	4 g
Total Sugars	5 g
Added Sugars included	2 g
Protein	11 g
Vitamin D	N/A
Calcium	249 mg
Iron	3 mg
Potassium	392 mg

Nutrients will display if the data is available

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

Vegetables 1/2 cups

Grains 2 ounces

Dairy 1/4 cups



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Flavorful Fried Rice



Makes: 6 servings

Add some protein and grains to your dinner with this yummy rice dish. Use brown rice for extra fiber.

Ingredients

- 2 tablespoons cooking oil (or margarine)
- 1 cup rice, regular, uncooked
- 3 tablespoons onion (minced)
- 1/2 cup carrot (chopped or grated)
- 2 cups water
- 4 egg (beaten)
- 4 egg whites (beaten)
- 1/4 cup milk, non-fat
- 1/2 cup peas
- 2 tablespoons soy sauce

Directions

1. In a frying pan over medium heat, cook rice, minced onion, and carrots in oil, stirring often until lightly browned.
2. Slowly add water. Reduce heat, cover and simmer until liquid is absorbed and rice is tender, about 20 minutes.
3. Beat eggs in bowl. Stir in milk, peas, and soy sauce. Pour over hot rice mixture in fry pan.
4. Cook on medium heat. As mixture begins to thicken, gently draw a spatula across bottom and sides of pan. This allows egg mixture to cook. Continue until eggs are firm.

Source:

University of Wisconsin Cooperative Extension Service
Family Living Program

Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
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Total Calories	237
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Total Fat	8 g
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	124 mg
-------------	--------

Sodium	393 mg
---------------	---------------

Carbohydrates	30 g
----------------------	-------------

Dietary Fiber	1 g
---------------	-----

Total Sugars	2 g
--------------	-----

Added Sugars included	0 g
-----------------------	-----

Protein	11 g
----------------	-------------

Vitamin D	1 mcg
-----------	-------

Calcium	53 mg
---------	-------

Iron	2 mg
------	------

Potassium	223 mg
-----------	--------

Nutrients will display if the data is available

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

Vegetables 1/4 cups

Grains 1 ounces

Protein Foods 1 ounces



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Fresh Fruit with Cinnamon Yogurt Dip



Makes: 4 servings

Vanilla yogurt with cinnamon makes a delicious dip for your favorite fruits. Use low-fat yogurt for an even healthier option.

Ingredients

- 1 apple
- 1 banana
- 1 orange
- 1/4 cup orange juice
- 1 cup vanilla yogurt (low-fat)
- 1/2 teaspoon cinnamon

Directions

1. Core and slice the apple.
2. Slice banana into thin circles.
3. Peel the orange and break it into sections.
4. Pour the orange juice into a small bowl.
5. Dip the fruit pieces into the orange juice to prevent browning.
6. Arrange on a plate.
7. Mix the yogurt and cinnamon in a small bowl.
8. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

Source:

Pennsylvania Nutrition Education Network

Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
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Total Calories	93
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Total Fat	1 g
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Saturated Fat	1 g
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Cholesterol	3 mg
-------------	------

Sodium	41 mg
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Carbohydrates	19 g
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Dietary Fiber	2 g
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Total Sugars	16 g
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Added Sugars included	4 g
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Protein	4 g
----------------	------------

Vitamin D	0 mcg
-----------	-------

Calcium	125 mg
---------	--------

Iron	0 mg
------	------

Potassium	263 mg
-----------	--------

Nutrients will display if the data is available

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

Fruits 1/2 cups

Dairy 1/4 cups



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Fruit and Yogurt Breakfast Shake



Makes: 2 servings

Shake up your day with this quick and easy breakfast. Make this recipe with any of your favorite fruits, especially when they are in season!

Ingredients

- 1 banana (medium, very ripe, peeled)
- 3/4 cup pineapple juice
- 1/2 cup yogurt, low-fat vanilla
- 1/2 cup strawberries (remove stems and rinse)

Directions

1. Blend banana with pineapple juice, yogurt and strawberries in a blender.
2. Blend until smooth.
3. Divide shake between 2 glasses and serve immediately.

Source:

University of Illinois, Extension Service, Recipes to Grow On

Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
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Total Calories	168
-----------------------	------------

Total Fat	1 g
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	3 mg
-------------	------

Sodium	43 mg
---------------	--------------

Carbohydrates	37 g
----------------------	-------------

Dietary Fiber	3 g
---------------	-----

Total Sugars	27 g
--------------	------

Added Sugars included	4 g
-----------------------	-----

Protein	4 g
----------------	------------

Vitamin D	0 mcg
-----------	-------

Calcium	127 mg
---------	--------

Iron	1 mg
------	------

Potassium	531 mg
-----------	--------

Nutrients will display if the data is available

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

Fruits 1 cups

Dairy 1/4 cups



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Pasta Primavera II



Makes: 4 Servings

This recipe is quick and easy to prepare and will become a favorite in your home.

Ingredients

- 3 cups uncooked pasta (any shape)
- 1 10-ounce packages frozen mixed vegetables
- 1 jar spaghetti sauce, low-sodium (26 ounces)
- 4 tablespoons grated Parmesan cheese

Directions

1. Prepare pasta according to package directions. Add frozen vegetables during the last 5 minutes of cooking time.
2. Drain pasta and vegetables and set aside.
3. Bring the spaghetti sauce to a boil over medium heat.
4. Stir in the pasta and vegetables.
5. Top with grated Parmesan cheese.

Source:

Oklahoma Nutrition Information and Education
ONIE Project

Nutrition Information

Nutrients	Amount
Total Calories	431
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	7 mg
Sodium	150 mg
Carbohydrates	77 g
Dietary Fiber	9 g
Total Sugars	13 g
Added Sugars included	2 g
Protein	16 g
Vitamin D	0 mcg
Calcium	138 mg
Iron	4 mg
Potassium	783 mg

Nutrients will display if the data is available

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups

Vegetables 1 1/4 cups
Grains 2 1/2 ounces
Dairy 1/4 cups



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