



Recipe of the Month—September 2015

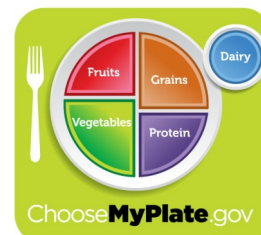
Vegetable Pasta Soup

Serves 8

Serving Size: 1 1/2 cups

Ingredients:

1 tablespoon	vegetable oil
4 cups	chopped or sliced vegetables (like onions, Carrots, and zucchini)
1 can (14 1/2 ounces)	diced tomatoes with green chilies
1 can (14 1/2 ounces)	low sodium vegetable or chicken broth
2 cup	water
1/4 teaspoon	salt
1 tablespoon	Italian seasoning or dried basil
2 cups	small whole wheat pasta (shell or macaroni)
6 cups	fresh spinach leaves (about 1/2 pound), thoroughly washed (or kale, collard greens, or 10 ounces of frozen spinach)



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Directions:

1. Heat the oil in a large saucepan over medium heat until hot. Add onions and carrots. Cook, stirring often, until the vegetables are softened. This should take about 3 minutes.
2. Stir in zucchini and canned tomatoes. Cook 3 to 4 minutes.
3. Stir in the broth, water, salt, and Italian seasoning or dried basil. Bring to a boil.
4. Stir in the pasta and spinach. Return to a boil.
5. Cook until the pasta is tender, using the time on the package for a guide.

Notes: Prewashed or ready to eat spinach does not have to be washed. Use plain dices tomatoes for less spiciness.

NUTRITION FACTS PER SERVING: 150 calories, 2.5 g total fat (0 g sat. fat), 0 Omg cholesterol, 510 mg sodium, 28 g carbohydrates, 4 g fiber, 3 g sugar, 6 g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2015 Nutrition & Fitness Calendar*