

Nutrition & Health Series: **Pasta**

Pasta is a good source of Vitamin B6.

- **Vitamin B6** Important for sleep and nerves. Good for digestion.



RECIPE:

PREP TIME: 7-9 minutes

Tomato and Basil Bow-Tie Pasta

COOKING TIME: 20 minutes

- 3 cups water
- 1 pound bow-tie pasta
- 1 tablespoon garlic powder
- or 2 minced garlic cloves
- salt and pepper to taste
- 1 cup zucchini (can or frozen)
- 1/2 cu mushrooms(can)
- stewed tomatoes (14.5 oz can) and tomato sauce (8 oz can)
- 1/2 teaspoons ground basil
- 1/4 cup parmesan cheese
- 3 to 4 tablespoons olive oil

NUTRITION INFORMATION

Bow-Tie Pasta Plain

250 Calories per serving
 37 grams carbohydrates
 7 grams protein and fat

Bow-Tie Pasta with Cheese

340 Calories per serving
 45 grams carbohydrates
 13 grams fat
 10 grams protein

1. Bring a large pot of water to a boil. Add pasta, salt and garlic, and cook for 8 to 10 minutes until tender.
2. Heat oil in a skillet over medium-high heat and sauté zucchini and mushrooms. Cook until crisp, about 7 minutes.
3. Add 3/4 cup stewed tomatoes and tomato sauce. Cook until all liquid evaporates about 3 to 5 minutes.
4. Top pasta with 1 cup warm stewed tomatoes Season with black pepper and basil.
5. Sprinkle with parmesan cheese.

CALORIE GUIDE

- 1 tablespoon olive oil 125 calories
- 1 cup zucchini 20 calories
- 1 tablespoon parmesan cheese 35 calories
- 1 can stewed tomatoes 70 calories
- 1 cup tomato sauce 80 calories
- 1/4 cup parmesan cheese 100 calories

DIET NOTES

One serving of grains equals: 1/2 cup (4 ounces) cooked pasta

FOOD EXCHANGE LIST

1/2 cup (4 ounces) bake macaroni equals

- 1 starch and 1 medium fat meat exchange 1 1/2 teaspoons oil or 1 1/2 fat exchanges

Grains, Food Pyramid Chart

Eat at least 3 ounces of whole grain cereal, bread pasta, rice or crackers daily

1 ounce equals:

- 1 slice bread
- 1 cup breakfast cereal
- 1/2 cup cooked rice, pasta or cereal

Recommendations eat 6 ounces every day

- Diet Notes recommendations based on the revised USDA Food Pyramid, My Pyramid.gov
- The average diet for women age (23 to 50) and men age (15 to 16) is based on 2000 calorie diet.
- This diet is reflective on your age, sex and level of physical activity. This diet suggests 3/4 cup (6 ounces) to 7/8 cup (7 ounces) grains per day. Grains group includes rice, cereal, bread, crackers, amaranth and pasta.
- Safe cholesterol intake is 200 to 400 mgs per day. Bake mac macaroni supplies 1/3 cholesterol level daily.

Recipe from Boston.com.
 Food clipart from thepetprofessor.com.

Nutrition Education Outreach Project
 Project Coordinator: Robert Sondak
 P. O. Box 766 Brookline, ma. 02446
 (617) 283-2532
bosonma@yahoo.com

