Pasta Alfredo with Garden Vegetables
Makes about 5 servings

Ingredients:
- 8 ounce penne, or other medium sized pasta
- 1 Tablespoon olive oil
- 1 medium onion, chopped
- 3 large garlic cloves
- 2 Tablespoons margarine
- 3 Tablespoons flour
- 2 cups fat-free half-and-half
- ½ cup nonfat milk
- ¼ cup grated Parmesan cheese
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 2 cups fresh broccoli, cut in bite-size pieces
- 2 cups fresh zucchini, cut in bite-size pieces
- 2 fresh tomatoes, coarsely chopped

Directions:
1. Cook pasta according to package directions.
2. While pasta is cooking, sauté onion until translucent in a large nonstick skillet. Add garlic, broccoli and zucchini and cook until slightly tender. Add tomatoes and cook until broccoli and zucchini are tender crisp.
3. Meanwhile, in a small saucepan, melt margarine, add flour, and stir. Slowly add milk and half-and-half, and simmer, while stirring, until thickened. Add cheese and seasonings; stir until cheese melts.
4. Pour cheese sauce over vegetables and mix gently.
5. Serve over pasta

Source: Recipe from Broome County CCE