Spaghetti with Zucchini and Mozzarella
Makes 5 servings

Ingredients:
8 ounces of spaghetti
2 teaspoons of olive oil
2 medium zucchini, shredded
or 1 bunch of fresh broccoli, finely chopped
½ large onion, chopped
1 8-ounce package of part-skim mozzarella, shredded
½ cup nonfat milk
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon basil
½ teaspoon garlic powder

Directions:
1. Fill large pot 2/3 full with water and bring to a boil. Cook spaghetti until just tender.
2. Meanwhile, in large skillet, cook zucchini (or broccoli) and onion in oil until tender, about 7 minutes.
3. When spaghetti is done, drain. Return spaghetti to pot; add zucchini-onion mixture and mozzarella, milk, salt, pepper, basil and garlic powder.
4. Over low heat, toss spaghetti mixture until cheese is melted. Serve immediately.

Nutrition Facts
5 servings per container
Serving size 1/5 of recipe (211g)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>350</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>12g</td>
<td>15%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>6g</td>
<td>30%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>440mg</td>
<td>19%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>42g</td>
<td>15%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
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<td>7%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>6g</td>
<td>0%</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>19g</td>
<td>30%</td>
</tr>
</tbody>
</table>

Vitamin D 0mcg | 0%
Calcium 394mg | 30%
Iron 2mg | 10%
Potassium 481mg | 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Broome County Cornell Cooperative Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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