Winter Italian Vegetables
Makes 6 servings

Ingredients:
2 cups water
1 cup broccoli florets
1 cup cauliflower florets
2 small zucchini, sliced
1 small onion, diced
3 stalks celery, chopped
1 8 ounce can tomato sauce
2 teaspoons basil
1 teaspoon salt (optional)
1 pound package any shape pasta, cooked

Directions:
1. Put 1 cup of hot water in a saucepan.
2. Add broccoli, cauliflower, zucchini, onion and celery and cook for 5 minutes.
3. Add tomato sauce, remaining cup of water, basil and salt.
4. Simmer until heated thoroughly.
5. Serve with cooked pasta.
6. Refrigerate leftovers.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>1 cup (293g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>170</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>620mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>34g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>4g</td>
</tr>
<tr>
<td>Protein</td>
<td>7g</td>
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<tr>
<td>Vitamin D</td>
<td>0mcg</td>
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<tr>
<td>Calcium</td>
<td>55mg</td>
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<tr>
<td>Iron</td>
<td>3mg</td>
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<tr>
<td>Potassium</td>
<td>389mg</td>
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</tbody>
</table>

% Daily Value:
- 2% Total Fat
- 0% Saturated Fat
- 0% Trans Fat
- 0% Cholesterol
- 27% Sodium
- 12% Total Carbohydrate
- 7% Dietary Fiber
- 0% Total Sugars
- 0% Protein
- 0% Vitamin D
- 4% Calcium
- 15% Iron
- 8% Potassium

*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.

8% calories from fat

Source: Eating Smart Being Active curriculum Colorado State University and University of California Extension

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

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