Winter Italian Vegetables
Makes 6 – 1 cup 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.

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

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

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