

# Lemon Parsley Pasta

February 2020

Harvest of  
the Month 

## Ingredients

- 2 cups whole wheat pasta, dry
- 1 zucchini, washed and sliced into half rounds
- 1/2 cup cherry tomatoes, sliced in half
- 2 Tablespoon lemon juice
- 1 cup fresh parsley, chopped
- 2 cloves garlic, minced or 1/4 teaspoon garlic powder
- 2 Tablespoons olive oil
- 1teaspoon salt-free seasoning

## DIRECTIONS:

- 1.Prepare pasta as directed on the box.
  - 2.While pasta is cooking, prepare veggies.
  - 3.Add olive oil to large frying pan. Heat on low for 2 minutes.
  - 4.Add zucchini, salt-free seasoning, and garlic to the heated pan pan, cover for 5 minutes.
  - 5.Add tomatoes and stir for one minute.
  - 6.Add pasta and cooked veggies to large bowl.
  - 7.Mix in the parsley and the lemon juice.
  - 8.Enjoy warm or refrigerate for 1 hour and serve cold.
- Add 1 can of chicken or tuna, drained if desired.

## PARSLEY TIPS:

- Choose a bright green bunch.
- Store stem-side down in a small glass of water in the refrigerator
- Prepare fresh parsley by taking the leaves off the stem.
- No fresh parsley? Try 1/4 cup dried parsley fresh if serving this recipe warm.



SERVING SIZE: 1 cup

SERVINGS: 4

PREPARATION TIME: 15 minutes

COOK TIME: 15 minutes

## Nutrition Facts

Amount Per Serving	
<b>Calories</b>	<b>284</b>
<b>Total fat</b>	8g
Saturated fat	0g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	26mg
<b>Total Carbohydrate</b>	40g
Fiber	7g
Sugar	0g
Includes 0g of Added Sugars	
<b>Protein</b>	8g
<b>Phosphorus</b>	225mg
<b>Potassium</b>	256mg