

# *Autumn Vegetables with Angel Hair Pasta*

Prep Time: 30 min

Start to Finish: 30 min

Makes: 4 servings

## **Ingredients:**

3 Cups Water

1 medium dark orange sweet potato, peeled and diced

8oz uncooked whole wheat angel hair pasta

2 Tbsp olive oil

3 cloves garlic finely chopped

4 medium tomatoes, chopped (4 cups)

1 small zucchini, cut length wise in half, then cut crosswise into slices

1 small yellow summer squash, cut length wise in half, then cut crosswise into slices

½ tsp kosher salt

¼ tsp freshly ground black pepper

½ cup dried cranberries

2 Tbsp fresh basil (1 tsp dried)

1/3 cup freshly shredded Parmesan cheese

## **Method:**

1. In 4-quart Dutch oven, heat water to boiling over medium-high heat. Add sweet potato; cook 3 to 5 minutes or until crisp-tender. Drain
2. Cook and drain pasta as directed on package.
3. Meanwhile, in 10-inch skillet, heat oil over medium-high heat. Add garlic; cook 30 seconds, stirring frequently.
4. Stir in tomatoes. Cook about 3 minutes, stirring frequently, until slightly soft. Stir in zucchini, yellow squash, sweet potato, cranberries salt and pepper.
5. Cook 2 to 3 minutes, stirring frequently, until vegetables are crisp-tender.
6. Serve vegetables over pasta. Sprinkle with cheese.

## **Nutritional Information**

**1 Serving:** Calories 430 (Calories from Fat 100); Total Fat 11g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 5mg; Sodium 470mg; Total Carbohydrate 66g (Dietary Fiber 6g, Sugars 9g); Protein 16g % **Daily Value\***: Vitamin A 150%; Vitamin C 30%; Calcium 15%; Iron 20

## *Apple Cranberry Oatmeal*

1 cup Old Fashion oatmeal  
1 1/2 cup water  
1/2 cup applesauce  
1/4 cup brown sugar  
1/2 tsp cinnamon  
1 tsp vanilla  
1/2 cup diced apples  
1/4 cup dried cranberries  
1/4 cup toasted walnuts

1. In a sauce pot bring water to a boil
2. Add oatmeal to water stirring constantly for 2 minutes.
3. Then add applesauce, brown, sugar, cinnamon, vanilla, apples and cranberries.
4. Continue stirring until oatmeal is cooked; liquid is absorbed for approximately 5 min.
5. Serving size one cup topped with toasted walnuts.