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Lemon Parsley Pasta

SERVING SIZE: 1 cup
SERVINGS: 4
PREPARATION TIME: 15 minutes
COOK TIME: 15 minutes

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
- 1 teaspoon 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.



NUTRITION FACTS:

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

EQUIPMENT NEEDED:

- Large pot and frying pan
- Knife and cutting board
- Measuring cups and spoons
- Large bowl

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org