



# Pasta Primavera

**YIELD: 4 (1½ CUP) SERVINGS**

## **INGREDIENTS:**

- 1 (9ounce) package fettuccine, uncooked
- 1 cup broccoli flowerets
- 1 cup sliced carrot
- 1 ¼ cups thinly sliced zucchini (about 1 small)
- 1 cup sliced fresh mushrooms
- 2 cloves garlic, minced
- 1 (10 ounce) light alfredo sauce
- 2 tablespoons chopped fresh basil
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- ¼ cup freshly grated Parmesan cheese

## **DIRECTIONS**

1. Cook pasta according to package directions, omitting salt and fat; drain and keep warm.
2. While pasta cooks, coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add broccoli and carrot; stirring constantly 3 to 5 minutes or until tender. Add zucchini, mushrooms, and garlic; cook stirring constantly 5 additional minutes or until tender. Add Alfredo sauce and next 3 ingredients to vegetable mixture; cook until thoroughly heated.
3. Pour sauce mixtures over pasta; toss well. Sprinkle with cheese. Serve immediately.

# Mixed Green Salad

**YIELD: 4 TO 6 SERVINGS**

## **INGREDIENTS**

- 1 head romaine lettuce
- 1 cucumber, peeled and sliced
- 2 to 3 plum tomatoes, cored and cut into small wedges
- 1 small red onion, sliced thin
- Olive oil and red wine vinegar, to taste
- Salt and pepper

## **DIRECTIONS**

Tear the lettuce leaves into bite-sized pieces and transfer them to a large salad bowl. Add the cucumber, tomatoes, and onion. Sprinkle with the oil, vinegar salt and pepper, and toss to combine.



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