

# **Italian Vegetables**

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/italian-vegetables>

## **Ingredients**

- 2 cups water
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 2 zucchini, small (sliced)
- 1 onion, small (diced)
- 3 celery stalks (chopped)
- 1 can tomato sauce (8 ounces)
- 2 teaspoons basil
- 1 teaspoon salt (optional)
- 1 point package of pasta, any shape (cooked)

## **Instructions**

1. Put 1 cup of hot water in a saucepan.
2. Add vegetables 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.

**Makes 6 servings**

## **Nutrition information per serving**

Calories: 316	Dietary Fiber: 5 g
Total Fat: 2 g	Sodium: 176 mg
Saturated Fat: 0 g	Protein: 17 g
Cholesterol: 1 mg	Carbohydrates: 61 g

