



BUDGET FRIENDLY RECIPES

Pasta Primavera

By Hilah Johnson

Serves 4. Prep time: 10 minutes active; 25 minutes total.

2 cups tomatoes, blanched
and diced

½ teaspoon salt

1 teaspoon lemon juice

1 clove garlic, minced

1 teaspoon fresh oregano,
minced

1 tablespoon fresh basil, minced

1 tablespoon fresh parsley,
minced

1 tablespoon Field Day olive oil

1 cup broccoli florets

1 cup green beans, trimmed and
sliced into 1-inch pieces

½ cup carrots, julienned

½ pound Field Day fusilli pasta

Preparation

Combine the tomatoes, garlic, herbs, lemon juice, oil and salt. Set aside.

Bring a medium sized pot of salted water to a boil over high heat. Once the water boils, add the pasta and set a timer for 2 minutes less than the cooking time on the package.

When the timer rings, add the prepared vegetables and cook another 2 minutes. Remove the pot from the burner and drain off the hot water. Add the pasta and vegetables to the tomato sauce and season to taste with salt if needed. Add an additional splash of olive oil if the dish seems dry.

Pasta Primavera

Ingredient checklist

PRODUCE

- Tomatoes
- Lemon
- Garlic
- Oregano
- Basil
- Parsley
- Broccoli
- Green beans
- Carrots

GROCERY

- Field Day olive oil
- Field Day fusilli pasta

SPICES/SEASONINGS

- Sea salt

Serving suggestion

Complement this dish with a crisp Caesar salad, garlic toast or bread sticks.

Nutritional information per serving

110 calories	17 g. carbohydrate
4 g. fat	5 g. fiber
0 mg. cholesterol	4 g. protein
368 mg. sodium	

Estimated cost

Total:	\$7.19
Cost per serving:	\$1.80

The nutritional values and information are approximations, and ingredient costs are estimated.