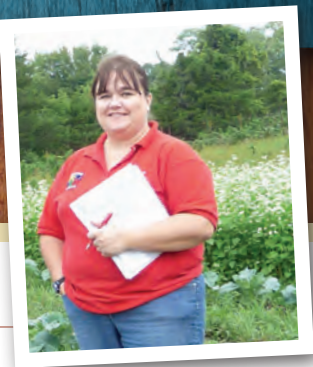


From the kitchen of: **Teresa Wiemerslage**

MS '96 plant pathology, extension program coordinator, Northeast Iowa Food and Fitness Initiative

Read about Teresa at www.ag.iastate.edu/stories



Cheesy Pasta with Summer Veggies

INGREDIENTS:

4 cups sliced assorted vegetables, (zucchini, broccoli, peas)

1 cup grape or cherry tomatoes

8 ounces whole wheat pasta, any shape

1 ½ tablespoons vegetable or olive oil

2 medium garlic cloves

½ cups minced onion

1 teaspoon dried Italian seasoning

¼ teaspoon salt

⅛ teaspoon black pepper

¼ cup parmesan cheese

½ cup shredded mozzarella cheese

DIRECTIONS: Wash and prepare vegetables. Cook pasta according to package directions. Drain and save ¼ cup water. Heat oil in large skillet as pasta cooks. Sauté garlic and onion one to two minutes until soft. Add any uncooked hard vegetables and cook for three minutes. Add soft vegetables and continue to cook. Add Italian seasoning, salt, and pepper. Add tomatoes last and cook until warm. Add cooked drained pasta to the vegetables. Add a little pasta water if needed. Add cheeses to mixture. Stir until cheese is mostly melted. Serve immediately.

