



RECIPE OF THE Month

Veggie Penne with Herbs

- 1 tbsp olive oil
- 1 medium green bell pepper, thinly sliced
- 1 cup fresh mushrooms, sliced
- ¼ tsp red pepper flakes
- 3-4 small shallots, sliced
- 3 medium fresh tomatoes, seeded and chopped
- 2 tbsp each fresh oregano and basil, chopped
- 1 15-oz can low-sodium tomato sauce
- ½ cup reduced-sodium chicken broth
- 12 ounces whole-wheat penne pasta

- ① In a large saucepan heat oil over medium-high temp; sauté bell pepper, mushrooms and pepper flakes 3 minutes; add shallots and sauté 3 more minutes.
- ② Stir in tomatoes and herbs and cook 1 minute.
- ③ Add tomato sauce and broth and bring to a boil; lower heat and simmer covered 15-20 minutes, stirring occasionally. Meanwhile, cook pasta as directed.
- ④ Spoon sauce over pasta and serve. Pass the Parmesan cheese.

MAKES 7 CUPS (5 servings).

PER SERVING: 341 calories | 12.2g protein | 5.4g fat | 66g carbs | 8.8g fiber | 509mg sodium