



Vegetable Pasta with Basil Sauce

Makes 6 cups | 6 servings | **Vegetables** • **Grains** • **Dairy**

Ingredients

- 2 cups spaghetti or whole wheat noodles
- 3 - 4 cups vegetables (bell peppers, broccoli, carrots, cauliflower, zucchini, *CNP Vegetable Mix* (see next page), etc.)
- 1 cup *CNP Magic Mix* (see next page)
- 2 cups water or low-sodium broth
- ½ teaspoon dried basil
- ¼ teaspoon black pepper
- 4 Tablespoons grated Parmesan cheese

Directions

1. Cook macaroni according to package directions. Drain.
2. Wash and cut vegetables into bite-sized pieces.
3. Steam vegetables until crisp tender, about 5 minutes.
4. In a saucepan or electric skillet combine *CNP Magic Mix* and water or broth over medium heat. Stir until smooth and thick.
5. Stir basil and pepper in white sauce.
6. Remove from heat and stir in cheese. Pour over macaroni.
7. Add vegetables and stir.



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Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>

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CNP Magic Mix

Makes 5 cups | Dairy

Ingredients

- 4 cups nonfat dry milk powder
- 1 cup all-purpose flour
- 1/3 cup canola oil

Directions

1. Put ingredients into bowl and mix until it looks like coarse cornmeal.
2. Refrigerate in a tightly covered container.
3. Keeps 3 months in refrigerator.

CNP Vegetable Mix

Makes 4 cups | 8 servings | Vegetables

Ingredients

- 2 small zucchinis
- 1 bell pepper, green or red
- 1 onion
- 3 carrots
- 3 stalks of celery
- 1 small summer (yellow) squash

* Vary the vegetables based on what is in season

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Chop the vegetables into 1/2-inch pieces. Chop only the amount that can be used within 3 days. Store remaining uncut vegetables to chop later in the week.
3. Combine chopped vegetables and store in resealable bag in the refrigerator.
4. Use the mix within 3 days.



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