

# Vegetable Pasta with Creamy Sauce

Makes 6 cups | 4-6 servings | **Vegetables** • **Grains** • **Dairy**

## Ingredients

- 2 cups uncooked pasta, any kind
- 3-4 cups vegetables, fresh, canned, or frozen and thawed (bell peppers, broccoli, mixed vegetables, peas, tomatoes, carrots, cauliflower, zucchini, etc.)
- 2 Tablespoons flour
- 2 Tablespoons butter, tub margarine, or canola oil
- 2 cups milk
- ½-1 teaspoon garlic powder
- ½ teaspoon black pepper
- ½ cup grated cheese (Parmesan, mozzarella, cheddar, etc.)

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook pasta according to package directions. Drain.
3. While pasta is cooking, wash and cut vegetables into bite-sized pieces.
4. Steam vegetables until crisp tender, about 5 minutes.
5. In a saucepan or electric skillet, heat butter, margarine, or oil. Once butter or margarine is melted, add flour and cook until a paste forms and it browns slightly.
6. Add milk in a little at a time and whisk constantly until thick. If clumps form, use a spoon to break them up.
7. Add garlic powder and pepper to the sauce.
8. Remove from heat and stir in cheese. Pour over pasta.
9. Add vegetables and stir.



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 local CNP educator.

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