

Nutrition Intuition

Veggie Pasta

Serves 4

- 2 cups water
- 3 cups mixed vegetables, chopped (fresh, frozen, canned & drained)
- ¼ cup onion, chopped
- 1 teaspoon salt
- ½ teaspoon curry powder (optional)
- 1 cup dry milk, (non-fat)
- 1 cup water
- 1 ½ tablespoon cornstarch
- ½ cup Swiss cheese (cut into small pieces)

Directions:

- Bring 2 cups water to a boil. Add vegetables, onions, salt and curry powder. Cook, covered, until almost tender.
- Mix dry milk, 1 cup water and cornstarch together. Add to partially cooked vegetables.
- Cook over medium heat, stirring often, until thickened.
- Add cheese and stir until melted. Add more water if too thick.

Nutrition Facts	
Serving Size 1/4 of recipe (418g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 500mg	21%
Total Carbohydrate 40g	13%
Dietary Fiber 7g	28%
Sugars 17g	
Protein 16g	
Vitamin A 280%	Vitamin C 30%
Calcium 40%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrient Highlight

Vitamin A

- Orange and dark green foods have the highest levels of Vitamin A, including carrots, sweet potatoes, broccoli, kale, romaine lettuce, apricots, and mangoes.
- Vitamin A is fat-soluble meaning it is absorbed by the body best when it is consumed with fat. For example, using a full-fat or low-fat salad dressing will help with the absorption of Vitamin A.
- Vitamin A plays an important role in growth and development, cell function, vision, and immune function.
- The vitamin helps keep eyes skin and healthy and protects against infections.

MyPlate Special

Vegetables

- It's recommended that adults eat at least 2 ½ to 3 cups of vegetables a day, but more is better!
- Eating a diet rich in vegetables may help reduce the risk for heart attack and stroke.
- Dietary fiber from vegetables helps reduce blood cholesterol levels.
- Vegetables are rich in many vitamins and minerals such as, potassium, fiber, folate, vitamin A, and vitamin C.
- Eat a variety of vegetables to keep meals interesting and get all the necessary nutrients.
- Add vegetables to pasta or stir-fry to ensure you are hitting your daily target of servings.