



**DIVISION OF AGRICULTURE**  
**RESEARCH & EXTENSION**

*University of Arkansas System*



## **Garden Skillet**

Serves 4 to 6

2 ½ cups bowtie pasta, uncooked  
2 tbsp butter  
1 tsp minced garlic  
2 zucchini, cut into ½ inch slices  
1 red onion, sliced into thin wedges  
1 ½ tbsp fresh basil, chopped  
8 oz. package Cheddar cheese, diced  
Salt and pepper to taste

1. Prepare bowtie pasta according to package directions.
2. Drain and set aside.
3. Melt butter in a 10" skillet.
4. Sauté garlic until golden brown.
5. Add zucchini, red onion and basil.
6. Heat over medium heat until tender, about 4 to 6 minutes.
7. Stir in pasta and heat through.
8. Add cheese, salt and pepper.
9. Toss gently and serve immediately.

Nutrition Analysis  
Calories 344  
Protein 28.6g  
Carbohydrates 29.2g  
Fiber 3.8g  
Fat 47.4g

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