

Garden Skillet

Yield: 4 servings

INGREDIENTS

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

INSTRUCTIONS

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.

NOTES

Serving Size: 1/6 of recipe

Nutrition Facts per Serving:

Calories 239

Total Fat 5g

Saturated Fat 3g

Cholesterol 10mg

Sodium 14

Carbohydrates 42g

Fiber 3g

Protein 8g

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