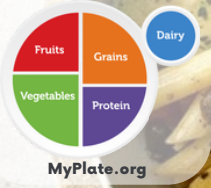


IN THIS DISH...



VEGGIE PENNE PASTA

SERVINGS: 2



INGREDIENTS

- 3/4 cup uncooked penne pasta
- 1/3 cup sliced zucchini
- 1/3 cup sliced fresh carrot
- 4 medium fresh mushrooms, sliced
- 1/2 small green pepper, thinly sliced
- 1/2 small onion, thinly sliced
- 1 small garlic clove, minced
- 1/4 teaspoon each dried basil, oregano and thyme
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons olive oil, divided
- 1 cup canned black beans, rinsed and drained
- 1/4 cup chopped seeded tomato
- 2 tablespoons shredded Parmesan cheese
- 2 teaspoons minced fresh parsley

REQUIRED TOOLS



Wooden Spoon



Measuring Cups



Saute Pan



Pot for Pasta



Colander



Chopping Knife

DIRECTIONS

1. Cook pasta according to package directions. Meanwhile, in a large nonstick skillet, saute the zucchini, carrot, mushrooms, green pepper, onion, garlic and seasonings in 1 teaspoon oil until crisp-tender. Stir in the beans.
2. Drain pasta; add to vegetable mixture. Add tomato and remaining olive oil; toss gently. Sprinkle with Parmesan cheese and parsley.