



Whole Grain Pasta with Zucchini, Tomatoes & Basil

SERVES 4

Pillars of Nutrition: All in for Whole Grains & Eat the Rainbow

Ingredients

- 1 12-ounce box whole grain **penne** or **rotini** **pasta**
- 4 Tablespoons **olive oil**
- 2-3 large cloves **garlic**, chopped
- 2 small **zucchini**, diced
- 2 **yellow squash**, diced
- Pinch of **salt**
- 2 cups **cherry tomatoes**, halved
- 12-15 **basil leaves**, torn into strips
- ½ - 1 cup **Parmesan cheese**, grated
- **Salt** to taste

Variations to Try

- Try summer squash instead of zucchini or a combination.
- Add chopped grilled or roasted chicken

Something to Chew On

- How many different cultures eat pasta as a staple?
- How many different types of tomatoes do you think there are?
- Are tomatoes a fruit or a vegetable?

Directions

1. Bring a large pot of **water** to a boil.
2. Add the **pasta** to the pot and cook according to package directions. Drain and set aside.
3. While the pasta is cooking, prep the vegetables and cheese. Peel and chop the **garlic**. Dice the **zucchini** and **squash**, then sprinkle with a pinch of **salt**. Tear **basil** into strips. Cut the **tomatoes** in half. Grate the **cheese**.
4. Heat the **olive oil** in a large skillet over medium heat. Add the **garlic** and saute for 1 to 2 minutes. (Be careful not to burn the garlic, which can happen quickly.)
5. Add **zucchini** and **squash** to the skillet and saute for an additional 3-4 minutes.
6. Add **cherry tomatoes** to the skillet and saute until skins are slightly blistered and tomatoes are heated through, about 3 - 4 minutes.
7. Add the cooked **pasta** to the skillet with the **vegetables**.
8. Toss with the **basil** and the **Parmesan cheese**.