

Pasta Primavera [from the Eat for Life Program]

1 cup corn 4 cups cooked pasta 2 cups broccoli crowns 1 cup carrots (sliced or julienne) 1/2 cup peas 1 md onion (chopped) 1/2 ts oregano Salt to taste	1 TB margarine 1/2 cup water 1/2 ts thyme 3 TB parmesan cheese 1 md tomato (chopped) 2 TB tarragon vinegar
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Boil your choice of pasta according to package instructions. Set aside. Simmer vegetables in water and margarine for 5 minutes over medium heat. Remove vegetables from heat. Drain water. Toss vegetables with seasonings. Add cheese and prepared pasta. Mix well. Serve hot or cold.

Recipe makes 4 servings

Each serving contains:

140 Kcal
3 grams of fat
2 serving of vegetables

The above recipe was compiled as part of the Eat for Life Program, a research initiative of the Rollins School of Public Health, Emory University; Kenneth Resnicow, Ph. D., principle investigator.

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