

## Pasta Primavera



### Ingredients:

- 1 tablespoon olive oil
- 5 cups root vegetables (carrots, turnips, parsnips, and beets)
- 2 cloves garlic, minced
- 1 cup low-sodium chicken broth
- 12 ounces whole-wheat pasta
- 1/4 cup parsley, chopped
- 1 1/2 teaspoons grated lemon zest
- Parmesan, grated

### Directions:

1. Over medium heat, warm olive oil in a nonstick skillet.
2. Add chopped vegetables and sauté for 8 minutes.
3. Pour in chicken broth. Cover, reduce heat, and simmer until vegetables are tender.
4. Transfer vegetables to a bowl.
5. Prepare pasta per package instructions. Save 1 cup of pasta water.
6. Add pasta and reserved pasta water to vegetables.
7. Sprinkle vegetables and pasta with parsley and lemon juice.
8. Top with grated Parmesan.

Makes 4 servings.



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