

Dinner

# Speedy Pasta Primavera

**10 Mins**  
Prep Time

**10 Mins**  
Cook Time

**4**  
Servings

**438 Calories** **12g Fat** **65g Carbs** **19g Protein**



## Ingredients

**4 Servings** **20 Mins Total Time** **Allergens: Gluten, Dairy**

8 oz Uncooked Penne Pasta

2 Tbsp Extra Virgin Olive Oil

3 Cloves Garlic, minced

1 (12 oz) Package Steamable Frozen Broccoli Florets

1 Can Garbanzo Beans, drained and rinsed

1 Medium Red Bell Pepper, thinly sliced; slices halved  
(before slicing, wash pepper under cold running water)

½ Tsp Salt

¼ Tsp Crushed Red Pepper Flake

¼ Tsp Dried Oregano

¼ Cup Pasteurized Parmesan Cheese, grated

### Allergen Swap

**Gluten** Swap the traditional pasta for a gluten-free variety

**Dairy** Omit the Parmesan cheese

### Nourishment Note



#### Beans

Beans contain healthy amounts of fiber to help with heart health and digestive regularity. They also contain plant protein to help build and maintain muscle, and folate to aid in the growth of new and healthy cells.



#### Broccoli

Broccoli is rich in nutrients, including vitamins C, which is essential for immune function. It also contains many different antioxidants which can help lower inflammation and protect health.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Cook Pasta

In a large saucepan, bring water to a boil and cook penne according to package directions. Before draining, reserve 1 cup of pasta water and set aside. Drain pasta and put in a large bowl.

### 3. Brown the Garlic

While pasta cooks, add olive oil to a large skillet and heat over medium heat. Turn heat to low, add garlic and gently cook until golden brown, about 5 minutes.

### 4. Steam Broccoli

Steam broccoli according to package directions. Add the broccoli, peppers, garbanzo beans and salt to the skillet with garlic. Cook until the vegetables are hot, and the pepper is crisp tender, about 5 minutes.

### 5. Toss

Toss the vegetables in the large bowl with the pasta. Top with red pepper flake and oregano, mix thoroughly. If pasta is sticky, add a little of the reserved pasta water.

### 6. Top and Enjoy

Top pasta with Parmesan cheese, serve and enjoy!

### 7. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## What You'll Need



Knife



Cutting Board



Can Opener



Large Saucepan



Colander



Large Skillet



Mixing Spoon



Measuring Spoons



Measuring Cup



Large Bowl



Cheese Grater

### Fatigue Buster

- Choose any frozen vegetables to include in this dish.
- Purchase pre-minced garlic.
- Use pre-shredded Parmesan cheese.