



Total Time
85 MIN.

Serving & Size
**1 SERVING (2 CUP PASTA,
VEGETABLES, AND 3/4 CUP SA**

Difficulty
EASY

Yields
50

A medley of garden vegetables, including green bell peppers, orange carrot coins, green broccoli florets, and white cauliflower florets, are cooked and piled high on the bed of sauced gemelli pasta. Top with shaved Parmesan and basil chiffonade.

Nutrition Facts

Serving Size **1 SERVING (2 CUP PASTA,
VEGETABLES, AND 3/4
CUP SA**

Amount Per Serving

Calories 666

% Daily Value

Total Fat 15.1g **23%**

Saturated Fat 3.3g **17%**

Cholesterol 3mg **1%**

Sodium 953mg **40%**

Total Carbohydrate 110.5g **37%**

Dietary Fiber 11g **44%**

Protein 22.6g **45%**

Vitamin A 29% Vitamin C 128%

Calcium 14% Iron 31%

INGREDIENTS

WEIGHT

MEASURE

olive oil 2 cups

onion, diced 1/4-inch 3 cups

kosher salt 2 tbsp.

green pepper, diced 1/4-inch 2 lb.

carrot, peeled, 1/4-inch diced 2 lb.

broccoli, florets 5 lb.

cauliflower, florets 5 lb.

red bell pepper, diced 2 lb.



Prego® Traditional Pasta Sauce

2 1/4 gallons

gemelli (twin twist tube) pasta, cooked, chilled 30 lb.

Parmesan cheese, shaved 3 cups

fresh basil leaves, chiffonade 3 cups



TIP

Could substitute frozen mix vegetable blend, such as Italian or Scandinavian, for fresh vegetables in this recipe.



INSTRUCTIONS

1. Heat oil over medium heat.
2. Add onion and salt.
3. Cook briefly, 1-2 minutes CCP: Keep all ingredients, except spices, chilled below 40° in display cooking station.
4. Add vegetables and heat till soft. CCP: Cook till internal temperature reaches 165°.
5. Add sauce and pasta and heat through.
6. Portion into pasta bowls and top with basil and Parmesan. CCP: Heat sauce till temperature reaches 165° or higher for 15 seconds.

****Could substitute whole wheat pasta, bowtie pasta or orecchiette pasta.**