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# ZUCCHINI WITH BOW TIES

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Nut-Free, Egg-Free, Vegetarian

**Yield:** 4 servings **Total time:** 30 minutes



## D'LISH

### Ingredients

- 3 tbsp olive oil
- 2 garlic cloves, minced
- 4 cups (3-4) zucchini, diced
- 1/2 tsp black pepper
- 1/4 tsp salt
- 1/2 cup low-fat milk
- 1/4 tsp paprika
- 8 oz (1 cup) whole-grain farfalle (bow tie noodles), uncooked
- 1/2 lemon, squeezed
- 1/2 cup (2 oz) low-fat cheese (parmesan OR Romano)
- 1 tbsp fresh herbs, chopped (basil, mint, parsley, cilantro)

### Directions

- Prep ingredients: clean and dice zucchini, chop herbs, mince garlic.
- In a large skillet over medium heat, heat oil and garlic for a minute, stirring frequently. Add the zucchini, paprika, pepper and salt. Stir and cover, cook for 15 minutes.
- In a small bowl, warm the milk in the microwave for 30 seconds. Stir the milk into the skillet and cook uncovered for another 5 minutes.
- While the zucchini is cooking, in a large stockpot, bring water to a boil and cook pasta to al dente following the package directions.
- Drain the pasta in a colander, saving 1/4 cup of pasta water. Add the pasta and pasta water to the skillet with zucchini. Mix everything together and cook 1-2 minutes, until most of the pasta water has been absorbed. Remove from heat and stir in the cheese and lemon juice. Top with fresh herbs and serve.

### Grocery List

- Olive oil
- Garlic
- Zucchini
- Black pepper
- Salt
- Low-fat milk
- Paprika
- Bow tie noodles
- Lemon
- Low-fat cheese
- Fresh herbs

### Kitchen Equipment

- Cutting board
- Sharp knife
- Colander
- Measuring spoons
- Measuring cups
- Skillet with lid
- Small & large bowl
- Stockpot
- Mixing spoon
- Serving bowls

Per serving: Calories: 410; Total Fat: 17g; Saturated Fat: 4g; Sodium: 382mg; Total Carbohydrates: 45g; Fiber: 4g; Protein: 15g

### Prep tip

- There are many different types of bow tie pasta you can choose from other than whole grain (chickpea, lentil, quinoa, black bean, gluten free).
- May experiment with this recipe by adding more vegetables (onion, mushrooms, squash, broccoli, cauliflower, leeks, peppers) or pair it with lean sources of protein (chicken, seafood, shellfish, legumes, nuts, seeds).

### Spotlight Ingredient: Zucchini

- Zucchini is a summer squash in the Cucurbitaceae plant family. There are several varieties, which range in color from deep yellow to dark green.
- Zucchini is rich in water, fiber, vitamins, minerals and other beneficial plant compounds.
- Cooked zucchini is a good source of vitamin A which can support your vision and immune health. Raw zucchini offers less vitamin A but more vitamin C which is vital nutrient that helps form and maintain bones, skin, and blood vessels
- Zucchini's fiber may increase insulin sensitivity and stabilize blood sugar levels, potentially reducing your risk of type 2 diabetes.

### Notes