



# Rotini Veggie Alfredo

Serves: 4–6 Prep Time: 10 minutes Cook Time: 20–25 minutes (stovetop or oven) or 1–2 hours  
(crock pot on low)



## Ingredients

- 1 box whole wheat rotini
- 1 packet or box Alfredo meal helper
- 1 can mixed vegetables or sweet peas (drained)
- Optional: 1 can sliced potatoes (for extra heartiness)
- 2 cups water
- ½ tsp pepper
- Optional: ½ tsp basil, herbes de Provence, or Italian seasoning for flavor boost



## Instructions

1. Cook pasta:
  - In a large pot, boil rotini in 4 cups water until just tender (8-10 min).
  - Drain and set aside.
2. Prepare Alfredo sauce:
  - In the same pot, combine Alfredo meal mix with 2 cups water.
  - Stir and simmer until sauce thickens (about 5–7 minutes).
3. Add veggies and pasta:
  - Stir in drained mixed vegetables (and optional potatoes).
  - Add cooked rotini back into the pot.
  - Season with pepper and optional herbs.
4. Heat through:
  - Simmer on low for 5 minutes, stirring occasionally.
  - Or transfer to a baking dish and bake at 375°F for 15–20 minutes until bubbly.



## Serving Suggestions

- Corn Muffin Sidekick: Serve with warm *Jiffy Corn Muffins* made with water.
- Crunchy Topper: Sprinkle crushed *corn flakes* or *au gratin potatoes mix* over the top before baking for a crispy finish.
- Sweet Finish: Offer *apple cinnamon instant oatmeal* or *unsweetened applesauce* with a spoonful of *orange marmalade* for dessert.