

Shredded Zucchini and Pasta

Couple bow-tie pasta with veggies for a dish kids will love.

Ages: 6–18 years
Makes: 6 servings
Prep time: 20 minutes
Cook time: 20 minutes

the INGREDIENTS

2½ cups farfalle (bow-tie) pasta, whole-wheat, uncooked

6 cups water

2 tsp vegetable oil

1 Tbsp garlic, clove, minced

7 cups zucchini, fresh, unpeeled, shredded (gently wash zucchini under running water before shredding)

½ tsp salt, table

¼ tsp black pepper, ground

1 Tbsp + 1 tsp parmesan cheese, grated

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In a medium pot, bring water to a boil on medium-high heat. Add pasta. Cook for 8 minutes or until al dente (soft to the touch and firm to the bite). Drain water from pasta. Rinse well with cold water.
3. Heat oil in a large nonstick sauté pan on medium heat. Add garlic. Cook for 15–20 seconds. Stir constantly.
4. Increase heat to medium-high. Add zucchini, salt, and pepper. Cook for 10 more minutes. Stir frequently. Cook until temperature reaches 140 °F.
5. Add cooked pasta to pan. Cook for about 2 minutes. Heat to 140 °F or higher for at least 15 seconds. Remove from heat.
6. Sprinkle with parmesan cheese.
7. Serve 1⅓ cups. Serve immediately, or keep warm at 140 °F or higher.

the NUTRITION INFORMATION

1⅓ cup Shredded Zucchini and Pasta

Nutrients	Amount
Calories	**125**
Total Fat	**3 g**
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	**229 mg**
Total Carbohydrate	**21 g**
Dietary Fiber	4 g
Total Sugars	3 g
Includes Added Sugars	N/A
Protein	**5 g**
Vitamin D	N/A
Calcium	52 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

½ cup vegetable
1 oz eq grains

the CHEF TIPS

- **Contains milk (parmesan cheese) and wheat (pasta).**
- Sesame can appear as an ingredient in food where it might not be expected (pasta) and may be included in the ingredient statements as “spice” or “flavoring.”
- The symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.