

MAINE



SNAP-Ed

Healthy Eating on a Budget

EASY PASTA PRIMAVERA

Makes: 4 servings
Total cost of recipe: **\$TBD**

Ingredients

8 ounces dried wagon wheel pasta
1 - 16 ounce package desired frozen mixed vegetables
½ of an 8-ounce tub cream cheese spread with chive and onion
¼ cup milk
Salt and ground black pepper
Finely shredded Parmesan cheese

Directions

1. In a Dutch oven cook pasta in a large amount of boiling, lightly salted water for 4 minutes. Add frozen vegetables. Cook about 5 minutes more or until pasta and vegetables are tender; drain. Return pasta mixture to hot pan.
2. Add cream cheese spread to pasta mixture. Cook until heated through, stirring occasionally. Stir in enough of the milk to reach desired consistency. Season to taste with salt and pepper. Sprinkle with Parmesan cheese before serving.



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