

Recipe card instructions:

For best results, print two-sided cards on heavyweight paper, such as card stock. Select the "flip on short edge" print setting to ensure the back side of the card isn't upside down. Cut out each card along dashed lines.

Veggie Noodles

- 16 ounces pasta, uncooked
- 2 cups canned vegetables, drained
- 1 cup spaghetti sauce
- ½ cup shredded cheese

Note: Use fresh or frozen vegetables instead of canned, if you wish. Cook just before adding to pasta. Or use leftover cooked vegetables.

Cook pasta according to package directions. Drain and return pasta to cooking pot. Add vegetables and spaghetti sauce. Heat over medium-low heat just until the vegetables are hot. Sprinkle with cheese just before serving. Makes 4 servings.

Stock Healthy



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UNIVERSITY OF MISSOURI EXTENSION

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Veggie Noodles

Nutrition Facts	
Serving Size 1/4 of recipe (435g)	
Amount Per Serving	
Calories 570	
% Daily Value*	
Total Fat 9g	14%
Sodium 470mg	20%
Total Carbohydrate 98g	33%
Dietary Fiber 8g	32%
Protein 23g	
Vitamin A 200%	Vitamin C 15%
Calcium 15%	Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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