

Vegetable Garden Pasta

Yield: 7 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-basil-mozzarella-pasta-italian-recipe>

Ingredients:

- 16 ounces pasta your favorite, I used penne
- 2 pounds cherry tomatoes fresh
- 2 cloves garlic
- 5 tablespoons olive oil
- 2 ears of corn or 8 oz frozen organic corn
- 2 zucchini medium sized, chopped
- 1 yellow squash chopped
- 1/2 cup basil thinly sliced
- crushed red pepper to taste
- salt to taste
- 1/2 cup mozzarella cheese optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 5 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 13 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 180 milligrams
9. Sugar: 9 grams

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