

Italian Stir Fry

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-italian-stir-fry-recipe>

Ingredients:

- 1 pound bow tie pasta
- 1 tablespoon olive oil
- 1 yellow onion diced
- 6 mini sweet peppers diced
- 4 garlic cloves minced
- 4 fresh tomatoes chopped
- 15 ounces garbanzo beans well rinsed and drained
- 1/2 cup black olives halved
- 1 cup vegetable broth
- 1/2 cup fresh parsley chopped
- 1/2 cup fresh basil leaves sliced
- 1 teaspoon dried oregano
- salt
- salt and fresh ground pepper , to taste
- Parmesan cheese for garnish, optional
- 3 green onions chopped, green parts only

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 115 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 19 grams
6. Protein: 27 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 460 milligrams
9. Sugar: 16 grams

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