



1. Cook pasta according to package instructions. Put in a large bowl.
2. Open canned vegetables and beans and drain excess liquids into a container. Reserve  $\frac{3}{4}$  cup.
3. Pour the  $\frac{3}{4}$  cup of reserved liquids, carrots, corn, green beans, garbanzo beans, garlic, and oregano in a pan on the stove.
4. Stir well, and heat for 10 minutes or until warm.
5. Pour vegetables over cooked pasta.
6. Add desired amount of salt and pepper.
7. Serve warm.

### COOKING INSTRUCTIONS:

## *Pasta Primavera*

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### INGREDIENTS

- 1 (16-ounce box) Hy-Vee Whole Wheat Rotini
- 1 (14.5 ounce) can Hy-Vee No Salt Added Cut Green Beans
- 1 (15.25 ounce) can Hy-Vee No Salt Added Whole Kernel Golden Corn
- 2 (14.5 ounce) cans Hy-Vee No Salt Added Diced Tomatoes
- 1 (14.5 ounce) can Hy-Vee No Salt Added Carrots Sliced
- 1 (15.5 ounce) can Hy-Vee No Salt Added Garbanzo Beans
- 2 tsp Garlic Powder
- 2 tsp Dried Oregano
- Salt and pepper to taste



SERVES: 8