

Macaroni with Tomatoes and Summer Vegetables

Serves: 4

Ingredients

2 tsp. olive oil	1 container (8 oz.) part-skim ricotta cheese
1 cup broccoli florets, chopped into small pieces	1 can (14 oz.) diced tomatoes, drained
½ medium green pepper, thinly sliced	1 tsp. dried oregano
1 medium zucchini, cut in half lengthwise and sliced	Salt and freshly ground black pepper, to taste
2 cups cooked whole-wheat macaroni	

In a large non-stick skillet, heat olive oil over medium heat. Add broccoli, green pepper, and zucchini and sauté for 5 minutes, or until broccoli is just tender.

Stir in macaroni, cheese, tomatoes, and oregano over medium heat until mixture is completely hot.

Season with salt and pepper to taste.

Serve immediately.

Per serving: 213 calories, 7 g total fat (3 g saturated fat), 28 g carbohydrates, 12 g protein, 4 g dietary fiber, 204 mg sodium.