



# BOD BY TODD

## Fitness Coaching

*"Don't Be Average, Be Fit"*

### NUTRITION PER SERVING:

CALORIES	319
PROTEIN	13 G
CARBOHYDRATE	59 G
TOTAL FAT	6 G

PREP TIME: 5 MINUTES

COOK TIME: 20 MINUTES

YIELD: 4 SERVINGS

SERVING SIZE: 2 C PASTA AND VEGETABLES

**8 OZ** DRY WHOLE-WHEAT SPAGHETTI

**1 TBSP** OLIVE OIL

**1 TSP** GARLIC, MINCED (ABOUT ½ CLOVE)

**4 C** ASSORTED COOKED VEGETABLES—  
SUCH AS RED PEPPER STRIPS,  
BROCCOLI FLORETS, CARROT STICKS, OR  
GREEN BEANS (LEFTOVER FRIENDLY)

**1 CAN** (15½ OZ) NO-SALT-ADDED DICED  
TOMATOES

**1 CAN** (5½ OZ) LOW-SODIUM TOMATO  
JUICE

**¼ TSP** GROUND BLACK PEPPER

**¼ C** GRATED PARMESAN CHEESE



# PASTA PRIMAVERA

PASTA, VEGETABLES, AND A SPRINKLE OF CHEESE MAKE THIS A CHILD-FRIENDLY CLASSIC THAT ADULTS WILL LOVE TOO

- 01 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 02 Add spaghetti, and cook according to package directions. Drain.
- 03 Meanwhile, combine olive oil and garlic in a large sauté pan. Cook until garlic is soft, but not browned (about 30 seconds).
- 04 Add mixed vegetables, and cook until vegetables are soft, but not browned (about 3–5 minutes).
- 05 Add diced tomatoes, tomato juice, and pepper. Bring to a boil. Reduce heat, and simmer for 5 minutes.
- 06 Add spaghetti and parmesan cheese. Toss until the pasta is hot and well mixed, and serve.

**Note:** Substitute cooking spray for olive oil and save calories and fat.

