

Basil, Squash, and Tomato Pasta Toss

Serves 4

Ingredients:

3 Cups unsalted chicken stock
1 Cup water
2 Tablespoons plus 2 teaspoons olive oil, divided
½ Teaspoon salt
8 ounces uncooked whole-grain rotini pasta
2 ½ ounces Parmesan cheese, grated, divided
1 Large yellow squash, halved lengthwise and sliced
1 Cup chopped tomato
1 Medium zucchini, grated on large holes of box grater
2 Tablespoons lemon juice
¼ cup torn fresh basil leaves



Directions:

1. Bring stock, 1 cup water, 2 tablespoons oil, and salt to a boil in a medium-sized pot. Add pasta; cover and cook for 10 minutes.
2. Remove pasta with a slotted spoon, place in a large bowl.
3. Return cooking liquid to boil, cook for 13 minutes or until reduced to about 2/3 cup.
4. Stir in 1/3 cup of cheese, stir until smooth.
5. Heat another pot over medium-high heat. Add the remaining 2 teaspoons oil.
6. Add yellow squash and cook for 3 minutes. Add cooking liquid, yellow squash, zucchini, tomato, and lemon juice to pasta, toss.
7. Sprinkle with remaining cheese and basil.

Nutrition Information per serving (1 ¾ cups)

Calories: 380, Total Fat: 15.7g, Saturated Fat: 4.5g, Unsaturated Fat: 9.9g, Cholesterol: 16mg, Sodium: 669mg , Carbohydrate 48g, Fiber: 7g, Sugar: 5g, Added sugar: 1g, Protein: 19g

SOURCE: <https://www.myrecipes.com/recipe/basil-squash-tomato-pasta-toss#nutrition>
