

Bell Pepper Pasta



Ingredients:

- 2 cups uncooked whole wheat pasta (penne will work well)
- 1 green bell pepper, cut into small pieces
- 1/2 onion, chopped
- 1 red bell pepper, cut into small pieces
- 2 garlic cloves, minced (optional)
- 10 ounces fresh spinach, chopped
- 2 Tablespoons olive oil
- salt and pepper to taste
- fresh basil (optional)
- grated Parmesan cheese (optional)





Directions:

- 1 Cook pasta according to package instructions. Drain and set aside.
- 2 Heat oil over medium heat in a large skillet. Add garlic, onion, basil, and bell pepper pieces. Cook until bell pepper and onion pieces are tender.
- 3 Add spinach and cook for one additional minute.
- 4 Combine pasta and vegetable mix. Add salt and pepper to taste.
- 5 Sprinkle with parmesan cheese (optional).



Tips:

Cut bell peppers and other vegetables into pieces no larger than $\frac{1}{2}$ inch to prevent young children from choking.

Cook bell pepper pieces and other vegetables until soft to prevent young children from choking.