## Bell Pepper Pasta

**Ingredients:**

- 2 cups uncooked whole wheat pasta (penne will work well)
- ½ onion, chopped
- 2 garlic cloves, minced (optional)
- 2 Tablespoons olive oil
- fresh basil (optional)
- 1 green bell pepper, cut into small pieces
- 1 red bell pepper, cut into small pieces
- 10 ounces fresh spinach, chopped
- salt and pepper to taste
- grated Parmesan cheese (optional)
Bell Pepper Pasta continued

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.