

Spaghetti with Summer Squash

Served with a salad or fruit, this makes a quick and easy summer meal.

Serves 8



Ingredients

- 1 package whole wheat spaghetti
- 2-3 summer squashes (zucchini, pattypan, yellow crookneck), cut into 1 inch cubes
- 3 cloves garlic, minced
- 2 tablespoon olive oil
- 1 large bunch basil
- 4-ounce package goat cheese
- salt and pepper to taste

Nutrition Facts

Serving Size about 1 cup
Servings Per Container 8

Amount Per Serving

Calories 280 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 65mg **3%**

Total Carbohydrate 46g **15%**

Dietary Fiber 8g **32%**

Sugars 2g

Protein 14g

Vitamin A 10% • Vitamin C 20%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Cook pasta according to package directions.
2. Drain and set aside in cold water to stop cooking.
3. Sauté summer squash and garlic in olive oil for 5 minutes over medium heat in large frying pan.
4. Add pasta and basil. Heat through.
5. Mix in goat cheese and salt and pepper, stirring constantly for 1 minute.