

Penne Pasta Stir-Fry*

Penne pasta is a welcome surprise in this meatless Asian stir-fry.

Number of Servings: 6 Serving Size: 1 cup pasta with 1/2 cup vegetables

Ingredients	Measure	Weight	Nutrition Information	
			Amount per serving	
cornstarch or arrowroot powder	2 tsp	---	Calories	262
lite soy sauce	3 Tbsp	---	Calories From Fat	28
rice vinegar	3 Tbsp	---	Total Fat	3 g
low-fat, low-sodium chicken broth	1 cup	---	Saturated Fat	0 g
canola oil	2 tsp	---	Cholesterol	0 mg
large, thinly sliced carrots	2 ea	---	Sodium	374 mg
garlic cloves, minced	3 ea	---	Total Carbohydrate	50 g
fresh snow peas, trimmed	1 cup	---	Dietary Fiber	4 g
red pepper flakes	1/4 tsp	---	Sugars	6 g
cooked penne pasta	6 cups	---	Protein	9 g
Fresh ground pepper and salt to taste	1 ea	---		

Preparation Instructions

1. Combine the first four ingredients and set aside. Heat the oil in a large skillet or wok over high heat. Add the carrots and garlic and stir-fry for 5 minutes. Add the snow peas, lower heat to medium low, and add the red pepper flakes and sauce. Add the pasta to the wok, bring to a boil, and cook for 2 minutes. Season with pepper and salt to serve.

* From the American Diabetes Association website