



Ground Beef & Pasta Skillet Primavera

4 servings
1½ cup per serving

INGREDIENTS

- 1 pound 96% lean ground beef
- 1 (14.5-ounce) can reduced-sodium beef broth
- 1 cup uncooked whole-wheat pasta
- 2 zucchini or yellow squash, cut in half lengthwise, then crosswise into ½-inch slices
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 1 ½ teaspoons Italian seasoning

DIRECTIONS

1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into ¾-inch crumbles and stirring occasionally. Pour off drippings.
2. Stir in broth, pasta, squash, tomatoes and Italian seasoning; bring to a boil. Reduce heat, cover and cook 9 to 11 minutes, or until pasta and squash are almost tender and sauce is slightly thickened, stirring occasionally.

NUTRITION ANALYSIS (PER SERVING)

Calories	296
Total Fat	6.0 g
Saturated Fat.....	2.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.0 g
Cholesterol.....	76 mg
Sodium	338 mg
Carbohydrates.....	28 g
Fiber	3 g
Sugars	0 g
Added Sugars	0 g
Protein	32 g

Dietary Exchanges: 1½ starch, 2 vegetable, 3 lean meat

This recipe from BeefItsWhatsForDinner.com is an American Heart Association Heart-Check certified recipe.

