

Snack



RECIPE

## Veggilicious Pasta

# Ingredients

- 1/4th cup, whole wheat pasta
- 3 tbsp, onions
- 1/4th cup, tomato puree
- 3 tsp, finely chopped yellow capsicum
- 3 tsp, finely chopped green capsicum
- 3 tsp, finely chopped red capsicum
- 2 tsp, finely chopped mushrooms
- 1/3rd cup, milk
- 1 tbsp, grated cheese
- 1 ½ tbsp, melted butter
- Salt to taste
- 2 cups water

# Step by step

## **Cooking Instructions**

Bring about 2 cups of water to a boil in a deep pan and add salt, 1/2 tsp butter to it.

When water begin to boil rapidly, then add pasta and cook till it boils

Drain in a colander.

Heat oil in a pan and sauté onions until golden brown. Add tomato puree to it

Now bring the heat to low flame and add milk. Cook it until thick.

Add salt and sauté for a min.

When sauce turns thick enough add veggies and boiled pasta.

Mix well. If pasta looks too dry then add 1 to 2 tbsp of pasta cooked water.

Serve the pasta hot and do the seasoning with grated cheese.

# Nutritional values

## 2-3 Year olds

<b>Energy</b>	<b>15.3 kcal</b>
<b>Protein</b>	<b>29.5% (RDA)*</b>
<b>Calcium</b>	<b>16.12% (RDA)*</b>
<b>Iron</b>	<b>4.35% (RDA)*</b>

## 4-5 Year olds

<b>Energy</b>	<b>12.01 kcal</b>
<b>Protein</b>	<b>24.51% (RDA)</b>
<b>Calcium</b>	<b>16.12% (RDA)*</b>
<b>Iron</b>	<b>3.01% (RDA)*</b>

**\*Recommended dietary allowance**

## TIPS

- In the market, pasta are available in different shapes. You can mix 2-3 shapes together and make the recipe so as to make it more interesting.
- You can add seasonings like herbs as per the taste of your kid.
- If not mix sauce, you can cook either white sauce or red separately.
- You can add vegetables like zucchini, broccoli and even chicken to increase the nutritious value of the recipe.