



United States Department of Agriculture  
What's Cooking? USDA Mixing Bowl

Find more recipes at [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

USDA is an equal opportunity provider, employer, and lender.

## Whole Grain Spaghetti with Fresh Vegetables

**Makes:** 100 Servings

		100 Servings
Ingredients	Weight	Measure
Whole Grain Spaghetti		20 boxes
Extra virgin olive oil		2 cups
Garlic		10 cloves
White onion, finely chopped		10 small
Zucchini, diced small		10 small
Yellow squash, diced small		10 small
Asparagus, cut into 1-inch pieces		10 medium
Yellow bell peppers, julienne		10 medium
Cherry tomatoes, halved		10 pints
Salt		to taste
Freshly ground black pepper		to taste
Fresh basil, torn		20 leaves

## Directions

1. Cook pasta according to package directions.
2. Meanwhile, heat olive oil in a large skillet. Using the side of a knife, gently press and peel the garlic and saute in skillet for 1 minute until slightly brown.
3. Add onion and saute for 5 minutes, until translucent.
4. Add bell pepper, zucchini, yellow squash, and asparagus and saute until heated but not completely cooked.
5. Add tomatoes, season with salt and pepper and saute for 2 additional minutes.
6. Drain pasta, add to skillet and toss with basil before serving.

## My Notes

**Source:** Whole Grain Foodservice Recipes

