



TUSCAN TORTELLINI SKILLET

RECIPE MAKES 6 servings

SERVING SIZE = $\frac{3}{4}$ cup

NUTRITION INFORMATION

Calories: 279

Total Fat: 10 g

Saturated Fat: 3 g

Cholesterol: 25 mg

Sodium: 277 mg

Total Carbohydrate: 36 g

Fiber: 4 g

Sugars: 6 g

Protein: 10 g

Marion County Public Health Department

NUTRITION SERVICES



TUSCAN TORTELLINI SKILLET

This semi-homemade meal makes life easy using fresh and prepared ingredients to create a healthy, tasty meal the whole family will love. Cooking at home allows for more control over what goes into our food, but every ingredient doesn't need to be made from scratch. Semi-homemade meals can save money and time and feed us well.

INGREDIENTS

2 T olive oil

$\frac{1}{2}$ cup carrots, shredded (available in produce section)

1 small zucchini, chopped

3 cups fresh spinach, roughly chopped

$\frac{1}{2}$ 10 oz bag frozen pepper and onion medley

10 oz prepared cheese tortellini (in refrigerator section)

3 cloves garlic, minced

2 t dried basil

1 $\frac{1}{2}$ cups prepared marinara sauce

$\frac{3}{4}$ cup water

Parmesan cheese for topping (optional)

DIRECTIONS

Heat olive oil over medium high heat in a large skillet. Add zucchini and cook until lightly browned. Add garlic and sauté for another 2 minutes. Add carrots, spinach and onion/pepper medley and cook until vegetables are softened (about 5 minutes). Add marinara, water and tortellini and cook for an additional 5-7 minutes. Serve with parmesan cheese (optional).

RECIPE NOTES

Make this recipe your own. Add your favorite vegetables. Use your favorite tortellini flavor. Add some chicken, tuna, beans or firm tofu to increase the protein content.

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.