

# Grab 'n' Go Dinner for Tonight

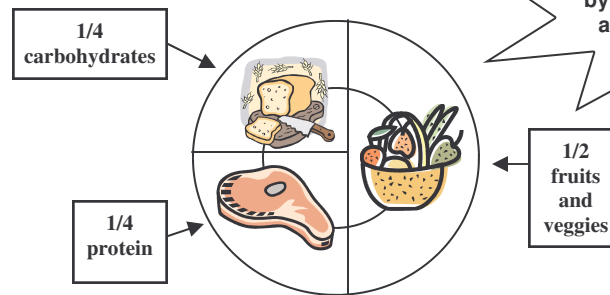
## Bowties with Tomato-Pepper Sauce Serves: 4

Ingredients	Aisle #
8 oz. (1/2 pound) whole wheat bowties or penne	Aisle 2
2 tablespoons olive oil	Aisle 5
2 tablespoons garlic, minced	Produce
1 small onion, chopped	Produce
1 large red bell pepper, chopped	Produce
3 cups (3 large) tomatoes, seeded and chopped	Produce
1/4 cup fat-free half-and-half	Dairy
1/4 cup Parmesan cheese, freshly grated	Dairy

1. In a large pot, cook the pasta according to the package directions. Drain.
2. Meanwhile, in a large skillet, heat the oil over medium-low heat.
3. Add the garlic and onion and cook until the onion is soft, adding a little water to the skillet if the mixture seems dry.
4. Add the bell pepper and cook for about 2 minutes, or until tender-crisp.
5. Stir in the tomatoes.
6. Remove from the heat and let cool for 1 or 2 minutes.
7. Return the skillet to the heat. Gradually stir in the half-and-half, Parmesan, and black pepper.
8. Reduce the heat to low and cook until heated through. Serve over the pasta.

Bowties with Tomato Pepper Sauce		
Amount Per Serving		
Calories 371		
	% Daily Value*	
<b>Total Fat</b> 11g		27%
Saturated Fat 1.9g		5%
<b>Cholesterol</b> 4mg		1%
<b>Sodium</b> 108mg		4.5%
<b>Total Carbohydrate</b> 55g		18%
Dietary Fiber 8g		32%
<b>Protein</b> 11g		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

### A Healthy Plate Includes carbohydrates, protein, fruits and vegeta-



Create a healthy plate by adding a beverage and a piece of fruit

**Tonight's Grab 'n' Go Dinner**  
**Cost per serving: \$3.58**

To find the Grab 'n' Go dinner recipe ingredients look for this logo throughout the store.



**All ingredients will be marked with the Shape Up Kittitas County logo.**