



## Tortellini with Fresh Vegetables



Toss together quick-cooking pasta, bell pepper, tomato and zucchini for an Italian-seasoned meatless meal.

1 package (9 ounces) refrigerated cheese-filled tortellini	1
1 tablespoon olive or vegetable oil	1
1 medium bell pepper, cut into 1-inch pieces (1 cup)	1
2 cups chopped roma (plum) tomatoes (6 to 8 medium)	2
1 medium zucchini, cut lengthwise in half, then cut crosswise into slices (1 1/2 cups)	1
1/2 teaspoon Italian seasoning	1/2
1/2 teaspoon garlic salt	1/2

1. Cook and drain tortellini as directed on package, using 3-quart saucepan. Wipe out saucepan with paper towel; wipe dry with paper towel.
2. Heat oil in same saucepan over medium-high heat. Cook bell pepper in oil 2 to 3 minutes, stirring frequently, until crisp-tender.
3. Stir in tomatoes, zucchini, Italian seasoning and garlic salt. Cover and cook 3 to 5 minutes, stirring occasionally, until zucchini is tender.
4. Stir in tortellini. Cook 2 to 3 minutes, stirring occasionally, until hot.

Makes 4 servings

### Nutrition Information:

1 Serving (1 Serving) Calories 180 (Calories from Fat 80 ), Total Fat 9 g (Saturated Fat 4 g, Cholesterol 60 mg, Sodium 250 mg, Total Carbohydrate 20 g (Dietary Fiber 3 g, Protein 8 g, Percent Daily Value\*: Calcium :Exchanges: 1 Starch; 1 Vegetable; 2 Fat; \*Percent Daily Values are based on a 2,000 calorie diet.