



Zucchini and Bowtie Pasta Skillet

SERVING: 1 CUP
YIELD: 8

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- 1 lb Ground Beef, Lean
- Bowtie Pasta, 2 cups generously
- 10 cups water, boil
- 1/2 Onion, chopped
- 1 Bell Pepper, chopped
- 1 medium Zucchini, chopped half moons
- 1 tsp Italian seasoning
- 1 tsp Chili powder
- ¼ tsp Black pepper
- 1 can Diced Tomato, 15.5 oz
- 3/4 cup Beef Broth, unsalted
- 1 pkg Cheddar cheese, 8 oz, shredded

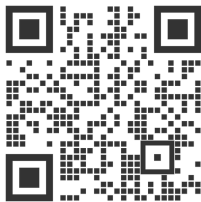
Directions

1. In a large skillet COOK beef over medium heat until meat is done.
2. COOK pasta as directed.
3. ADD onion and bell pepper to skillet and cook about 5 minutes.
4. ADD zucchini, tomato, seasonings, and broth to large skillet and COOK about 5 minutes. STIR occasionally.
5. ADD pasta to dish.
6. SPRIKLE with cheese and SERVE.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0.5g	
Cholesterol 45mg	15%
Sodium 330mg	14%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 1.7mg	10%
Potassium 110mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Recipe adapted from
getfreshcooking.com

*Cost information includes lower
cost ingredients found at local
grocery store 8/31/22.



Cost Per Recipe	Cost Per Serving
\$11.09	\$1.38

Fibre Facts

What is dietary fibre?

Dietary fibre is the part of plant foods that our bodies can't fully digest and absorb. Fibre has many benefits and we need it for good health. Most Canadians eat only half the fibre they need.

There are different types of fibre. Most foods that contain fibre have more than one type.

Soluble fibre dissolves in water, turning into a thick gel. It can help lower your blood cholesterol and control blood sugars. It may also help with diarrhea by making your stool thicker.

Good sources of soluble fibre are:

- apples, applesauce
- oat bran, oatmeal
- avocado
- oranges
- barley
- pears
- carrots
- potatoes
- chia and flax seeds
- psyllium
- edamame
- legumes such as split peas, beans, and lentils

Insoluble fibre doesn't dissolve in water. It helps stool move through your bowel more quickly and keeps bowel movements regular. This keeps your digestive system healthy and may lower your risk of getting heart disease and certain types of cancers (like colon cancer).

Good sources of insoluble fibre are:

- corn bran
- wheat bran
- nuts
- whole grain foods
- vegetables, fruits
- such as whole grain breads and cereals

Inulin is another type of fibre. It may help healthy bacteria grow in your large bowel and prevent constipation. More research is needed to know if inulin improves bowel health or if it has the same health benefits as other kinds of fibre.

Inulin is added to some cereals, granola bars, pasta, and yogurts. Natural sources of inulin include bananas, onions, leeks, garlic, asparagus, and chicory root.

How much fibre do I need?

How much fibre you need depends on your age and gender (see the table below).

Age (years)	Males (grams each day)	Females (grams each day)
1–3	19	19
4–8	25	25
9–13	31	26
14–18	38	26
19–50	38	25
50+	30	21
Pregnant		28
Breastfeeding		29

How much fluid do I need?

It's important to drink enough fluid when you eat a higher fibre diet. Drinking fluid will help keep your stools soft. The table below shows how much fluid you should have every day. Fluid includes water and other liquids such as milk, coffee, tea, broth, and soup.

Age (years)	Males	Females
1–3	4 cups (900 mL)	4 cups (900 mL)
4–8	5 cups (1.2 L)	5 cups (1.2 L)
9–13	7 cups (1.8 L)	6 cups (1.6 L)
14–18	10 cups (2.6 L)	7 cups (1.8 L)
19+	12 cups (3 L)	9 cups (2.2 L)
Pregnant		10 cups (2.5 L)
Breastfeeding		12 cups (3 L)

Tips to get enough fluid

- Carry a filled water bottle to remind you to drink water throughout the day.
- Have a glass of water, unsweetened milk, or fortified plant-based beverage with your meals or for a snack.