



Photo : Chitra Tatachar

**Nutrient Analysis Per Serving**

Calories	260g
Carbohydrates	43g
Total Fat	3g
Sodium	300mg

1 cup pasta & 3/4 cup vegetables = 3 CHO exchanges



# A Penne For Your Thoughts

## STIR-FRIED PENNE PASTA

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Serves 2

### INGREDIENTS

- 2 tsps Healthy Choice cooking oil
- 4 cups cooked penne pasta
- 1 medium broccoli, rinsed, cut into average bite sizes
- 2 medium carrots, peeled, thinly sliced
- 1 big red capsicum, deseeded, thinly sliced
- 2 dried red chilli, deseeded, finely chopped
- 1/2 cup snow peas
- 2 cloves garlic, minced
- 2 tbsp lite soya sauce
- 2 tbsp rice vinegar
- (Optional – salt & pepper to taste)

### METHOD

1. Heat the oil in a large skillet or wok over high heat.
2. Add the carrots, broccoli, capsicum and garlic and stir-fry for 5 minutes.
3. Add the snow peas and dried chilli. Lower heat to medium low.
4. Add lite soy sauce and rice vinegar. Add the pasta to the wok, over high heat, and cook for 2 minutes. (Optional) Season with pepper and salt before serving. Serve hot.