



# FIVE MINUTE PASTA

**MACROS | SERVING SIZE**  
Protein 24 g | Fat 10 g | Carbs 41 g

**% CALORIES OF MACROS | SERVING SIZE**  
Calories 325 | Protein 27% | Fat 26% | Carbs 4 %

**NUTRIENTS | SERVING SIZE**  
Fiber 8 g | Sodium 729 mg | Sat. Fat 6 g

## INGREDIENTS (SERVES 4)

- 8 oz. of whole grain/wheat spaghetti
- 115-16 oz. can of navy beans/white beans drained
- 214-15 oz. cans of diced tomatoes (no salt) added
- 110-oz package of frozen summer squash
- 113-14 oz. can of low sodium beef broth
- ½ tsp. black pepper
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 1 tsp. dried basil
- 2 tsp. dried oregano
- 4 oz. of parmesan cheese

## DIRECTIONS

In an electric pressure cooker, place all of the ingredients. Close the pressure cooker lid. If using one with a timer, then set time for two minutes. If using one without a timer, once pressure is reached, then time for two minutes and then remove from heat.

Let the cooker rest for 2 additional minutes and then quick release according to the manufacturer's instructions of the cooker. Release the lid. Stir gently to mix ingredients and then serve 1/4th of the mixture in a bowl and top with 1/4th of the cheese.

## NOTES

Penne pasta works well in this dish. Just increase the pressure-cooking time by one minute.

Fresh yellow summer squash can be used in place of frozen. Just cut into thin slices.

**F**ood for thought to consider, no matter how nutritious food is, it does not nourish if it is not consumed. Although there is a great amount of "health and fitness" influencers out in the social media domain stating the importance of only eating "whole" or "clean foods" for health and weight goals, while avoiding "processed food," registered dietitians do not promote, make statements, or provide guidance related to avoiding foods or only eating certain types of foods to the general public.

Building a healthy eating pattern takes into consideration not only the nutrition quality of the food but also one's ability and time to prepare foods to nourish as well as taste preferences. The Dietary Guidelines for Americans focuses on choosing a variety of types of foods in recommended proportions while limiting empty calories and sodium. Also, there are many "processed foods" that provide a commendable amount of nutrition quality that have a place in building a healthy eating pattern and are even recommended (frozen fruits and vegetables, whole grain products, etc.). Some processed foods, especially those that are tagged with the Dietitian Approved Thumb in the Commissary are nutritious choices that can assist with decreasing the length of time and skills needed to prepare nutritious meals while assisting with keeping the food budget within reason.

Perhaps "unprocessed foods" or fresh foods that are unboxed may be a little higher in quality than many "processed foods," but not all of them. Cooking and choosing only "clean foods" and "whole foods" for some may be too burdensome to even begin, let alone maintain. But remember, nutritious foods do not nourish if they are not consumed. The goal in improving the nutrition quality of the diet is to adopt a strategy that builds a healthy eating pattern that can be maintained. If using processed foods in combination with fresh foods and fresh produce is what works for your mind, body and spirit, and keeps you from defaulting to fast food, or not trying to pay attention to what you eat, then do so. You will improve the nutrition quality of your diet. Believe it or not, a healthy eating pattern that is nutritious can be built using all processed foods.

This meal is comprised of all "processed foods," and is dietitian approved because each of the items offers one key nutrient or a combination of nutrients that are needed to "nourish," while at the same time limiting empty calories and keeping sodium in check.

## DIETITIAN TIP

A home cooked meal does not have to be comprised of "perfectly" nutritious foods to be nutritious. Make choices that work for you using our Dietitian Approved resources to assist you.

For more recipes and nutrition education information visit  
[COMMISSARIES.COM/HEALTHY-LIVING](https://COMMISSARIES.COM/HEALTHY-LIVING)

