

## Lazy Pasta

**Makes 4 Servings**

### *What you need:*

- ½ of a 16-ounce package pasta
- 3 teaspoons butter
- 1 small zucchini, sliced
- 6 mushrooms, quartered
- 1 tomato, diced
- ¼ cup grated Parmesan cheese
- 1 ½ teaspoon skim milk



### *All you do:*

1. Bring a large pot of water to a boil. Add the pasta, cook until desired tenderness, and drain.
2. While the pasta is cooking, melt 2 teaspoons of butter in a large skillet over medium heat. Add the zucchini and mushrooms and sauté until soft. Add the tomato and cook for another minute.
3. Melt the remaining teaspoon of butter in the hot pasta. Add the cheese, milk and vegetables. Stir well and serve.

Nutritional Information: 276 Calories, 6g Fat, 11g Protein, 45g Carbohydrate, 153mg Sodium