



## Pasta Primavera Alfredo

4 servings

Prep Time: 15 minutes    Cook Time: 15 minutes

- 3 Tbsp. I Can't Believe It's Not Butter!® Spread, divided
- 2 medium zucchini and/or yellow squash, shaved into long ribbons using a vegetable peeler, (4 cups)
- 2 medium carrots, shaved into long ribbons using a vegetable peeler, (2 cups)
- 1 large onion, thinly sliced, (2 cups)
- 2 cloves garlic, minced
- 1 package Knorr® Pasta Sides™ - Alfredo
- 1/2 tsp. grated lemon peel

- 1.) MELT 1 Tablespoon Spread in large nonstick skillet over medium-high heat and cook squash and carrots, in batches, adding additional 1 Tablespoon Spread when needed, until just tender and golden around edges, about 2 minutes. Remove vegetables and set aside.
- 2.) MELT remaining 1 Tablespoon Spread in same skillet over medium-high heat and cook onion and garlic until onion softens slightly, about 3 minutes. Prepare Knorr® Pasta Sides™ - Alfredo in same skillet according to package directions.
- 3.) STIR in vegetables and lemon peel. Serve, if desired, with chopped parsley and shredded Parmesan cheese.

### **Nutritional Information 1 serving :**

Calories 240 , Calories from Fat 100 , Total Fat 11 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 440 mg, Total Carbs 28 g, Dietary Fiber 3 g, Sugars 7 g, Protein 6 g, Vitamin A 110 % , Vitamin C 40 % , Calcium 8 % , Iron 8 %