

# Jamaican Rasta Pasta

- 6 ounces dry, whole-grain penne or rotini pasta
- 1 tablespoon cooking oil
- 3 bell peppers, thinly sliced
- ½ cup peas
- 1 carrot, chopped
- ½ onion, sliced
- 2 garlic cloves, minced
- 3 tablespoons jerk seasoning
- 1 teaspoon dried thyme
- 4 ounces low-fat cream cheese
- ¼ cup low-sodium vegetable stock

**Wash** hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cook** pasta according to package instructions. **Drain** and set aside. **Heat** a large saucepan over medium heat and add cooking oil to coat. **Add** the bell peppers, peas, carrots, and onions and **sauté**, stirring occasionally, for about 4 minutes. **Add** the minced garlic and **cook** until fragrant, for about a minute. **Add** the jerk seasoning to the pot and **stir**. **Add** the thyme, cream cheese, and vegetable stock then bring to a **simmer**. **Add** the cooked pasta to the sauce, then **stir** to coat the noodles fully before serving.

**Yield:** 5 servings. **Nutrition Analysis:** 230 calories, 9g fat, 3.5g saturated fat, 0g trans fat, 20mg cholesterol, 650mg sodium, 41g carbohydrate, 6g fiber, 5g total sugars, 0g added sugars, 8g protein, 0% vitamin D, 4% calcium, 15% iron, 8% potassium.



# Kentucky Bell Peppers

**SEASON:** June through the first frost, usually September.

**NUTRITION FACTS:** Bell peppers are low in calories, high in vitamin C, and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.

**SELECTION:** Select peppers that are heavy for their size, with bright, shiny skins. Avoid flabby, wrinkled, or soft peppers.

**STORAGE:** Store in the refrigerator for 3 to 5 days. Place them in the vegetable crisper or in plastic bags.

**PREPARATION:** To prepare peppers, wash carefully without bruising. Serve peppers raw, grilled, stuffed, or roasted. Add them to salads, casseroles, or Chinese or Mexican dishes.

**PRESERVING:** Wash and stem peppers. Package, leaving no head space. Seal and freeze.

## Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition

Source: Adapted from Oldways Cultural Food Traditions

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Look for the Kentucky Proud label at your grocery store, farmers' market, or roadside stand.  
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