Nutrition Intuition

### Veggie Pasta
**Serves 4**
- 2 cups water
- 3 cups mixed vegetables, chopped (fresh, frozen, canned & drained)
- ¼ cup onion, chopped
- 1 teaspoon salt
- ½ teaspoon curry powder (optional)
- 1 cup dry milk, (non-fat)
- 1 cup water
- 1 ½ tablespoon cornstarch
- ½ cup Swiss cheese (cut into small pieces)

**Directions:**
- Bring 2 cups water to a boil. Add vegetables, onions, salt and curry powder. Cook, covered, until almost tender.
- Mix dry milk, 1 cup water and cornstarch together. Add to partially cooked vegetables.
- Cook over medium heat, stirring often, until thickened.
- Add cheese and stir until melted. Add more water if too thick.

### Nutrient Highlight
**Vitamin A**
- Orange and dark green foods have the highest levels of Vitamin A, including carrots, sweet potatoes, broccoli, kale, romaine lettuce, apricots, and mangoes.
- Vitamin A is fat-soluble meaning it is absorbed by the body best when it is consumed with fat. For example, using a full-fat or low-fat salad dressing will help with the absorption of Vitamin A.
- Vitamin A plays an important role in growth and development, cell function, vision, and immune function.
- The vitamin helps keep eyes skin and healthy and protects against infections.

### MyPlate Special
**Vegetables**
- It's recommended that adults eat at least 2 ½ to 3 cups of vegetables a day, but more is better!
- Eating a diet rich in vegetables may help reduce the risk for heart attack and stroke.
- Dietary fiber from vegetables helps reduce blood cholesterol levels.
- Vegetables are rich in many vitamins and minerals such as, potassium, fiber, folate, vitamin A, and vitamin C.
- Eat a variety of vegetables to keep meals interesting and get all the necessary nutrients.
- Add vegetables to pasta or stir-fry to ensure you are hitting your daily target of servings.