

Carol Anne's Pasta

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Makes approx 16 cups, 8 servings (1 serving is 2 cups), 7 FSP per serving

- 2 medium zucchini (sliced)
- 2 medium yellow summer squash (sliced)
- 1 pound mushrooms (sliced)
- 1/2 cup onion (chopped)
- 1 15 oz. can petite diced tomatoes
- 1 15 oz can diced tomatoes seasoned with basil and oregano
- 3 cloves garlic (minced)
- 2 Tbsp olive oil
- 1 pound fresh crabmeat
- 12 oz Barilla Protein Plus Penne (cooked)
- 1 cup Ragu sauce (or your favorite, just check points)

1. In a large skillet, heat olive oil over medium high heat. Saute zucchini, yellow squash, onions, mushrooms and garlic about 10 minutes or until they soften.
2. Add the diced tomatoes. Add crabmeat and pasta sauce.
3. Add pasta and stir until well combined. and heated through.