

Creamy Harvest Pasta



Makes:

5 servings, approximately 1½ cups each

Utensil:

5 Qt./4.7 L Roaster with Cover
12" Electric Oil Core Skillet
large mixing bowl

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Recipe:

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Nutrition

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Recipe Description:

This recipe is loaded with cancer-fighting antioxidants that support our immune systems. It's a nutritious, quick and easy dish that is great for those cooks are on the go.

1 cup
soy or rice milk
(240
mL)
1 cup
vegetable broth
(240
mL)
1 pound
penne or bowtie pasta
(454
g)

Directions:

1. In a large bowl combine squash, sweet potato, onion, garlic, corn, 2 tablespoons broth and all spices. Stir until mixed evenly.
2. Spread vegetables into a single layer in electric skillet. Cover and set temperature to 300°F/150°C.
3. When Vapo-Valve™ clicks, reduce heat to 180°F/82°C and cook for 10 minutes until vegetables are tender.
4. When vegetables are done, place in blender or food processor. Add soy milk and 1 cup (240 mL) broth and process until smooth.
5. Meanwhile, in roaster, cook pasta according to the package directions.

6. When pasta is done, drain in colander then place in large bowl.
7. Pour vegetable sauce over pasta and gently mix. Serve hot.

Nutritional Information per

▼ Serving

Calories: 501
Total Fat: 2g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 740mg
Total 103g
Carbs:
Dietary Fiber: 9g
Sugar: 8g
Protein: 17g
