

Green Garden Veggie Pasta



Prep:

15 minutes

Total:

30 minutes

Makes:

10 full servings

Utensil:

7 Qt./6.6 L Roaster with Cover

6 Qt. (5.6L) Culinary Basket

11" Large Skillet with Cover

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Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic plant-based diet that is both simple and delicious.

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Recipe Description:

Any green vegetable can be added to this recipe. Make it unique and different every time. Brown rice pasta is an excellent base, as it is hearty, full of fiber and protein and tastes delicious even with just olive oil and sea salt!

4
quarts
water

(3.8

L)

1

tablespoon

sea salt

(18

g)

8 - 12

ounces

pasta (kamut, spelt, brown rice or quinoa)

(227 - 340

g)

$\frac{1}{2}$

cup

red onion, sliced, use Cone #4

(58

g)

1 - 2

zucchini, cut lengthwise in $\frac{1}{2}$ -inch pieces (2 cups)

10 -

12

asparagus, chopped

2

cloves garlic, shredded, use Cone #1

2

tablespoons

extra virgin olive oil

(30

mL)

1 - 2

cups

chard or kale, washed and chopped

(67 - 134

g)

1

tablespoon

chives, finely chopped

(3

g)

$\frac{1}{4}$

cup

fresh parsley, finely chopped

(14

g)

$\frac{1}{4}$

cup

fresh basil, finely chopped

(14

g)

salt and pepper, to taste

Directions:

1. In roaster, bring water with sea salt to a boil. Add pasta to culinary basket and insert into roaster and cover. Cook pasta until al dente.
2. Meanwhile, preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, add onions and sauté for 3 minutes. Add squash and asparagus, and continue to cook for 5 more minutes. Add garlic and cook another 2 minutes. Turn off heat and set aside.
3. Remove culinary basket from roaster to drain pasta. Place pasta in a large, shallow serving bowl. Toss with olive oil, sautéed vegetables, chard, chives and fresh herbs.
4. Season to taste with salt and pepper and serve immediately.

Tips:

- Be sure to attach Versa Loc? Handles to culinary basket before removing from roaster to drain the pasta.

Nutritional Information per Serving

Calories:

153

Total Fat:

3g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

944mg

Total Carbs:

29g

Dietary Fiber:

2g

Sugar:

1g

Protein:

4g

Analysis calculated using brown rice pasta, and larger quantities specified