

Pasta Primavera

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving Size: 8 ounces

Ingredients	Quantity	Measure
Penne pasta	1	pound
Water	4	cups
Salt	1	teaspoon
Oil	1	tablespoon
Zucchini, julienne	1	cup
Yellow squash, julienne	1	cup
Red pepper, thinly sliced	1	cup
Fresh asparagus, small cut	1	cup
Non-dairy cream cheese	6	ounces
Zesty Italian dressing	½	cup
Vegetable broth, as needed for creaminess	1	cup
Non-dairy mozzarella cheese	2	cups

Preparation

1. Cook pasta with water and salt when done drain and set aside.
2. Sauté zucchini, yellow squash, red peppers and asparagus in oil just until tender.
3. Stir in cream cheese and dressing.
4. Mix with pasta. If too dry pour in vegetable broth a little at a time until you reach a smooth consistency.
5. Add mozzarella and bake at 350 degrees until heated through.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 290 Total Fat: 11g Saturated Fat: 2g Carbohydrate: 37g Protein: 11g Sodium: 750mg
Vitamin A: 23.4% Vitamin C: 60% Calcium: 7.1% Iron: 4.7% Folic Acid: 14.6%