Vegetable Pasta

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You can add any number of fresh vegetables from your garden to this recipe and they will be wonderful!

Serves two for dinner and also leftovers for lunch.

6 ounces cappellini

1 cup full of frozen green peas, thawed

3 round green zucchini

1/2 of a head of cauliflower

1/2 an onion, finely chopped

1/2 of an 8oz (227g) tray of shiitake mushrooms, sliced

1 12oz bag of you pre-washed spinach

1 cup of hot water or white wine

4 garlic cloves, minced

1 pound tomatoes, chopped. Or: one 14oz jar of Prego Traditional pasta sauce - or, one can of tomatoes

A spritz of spray oil for sautéing onions and garlic

Salt and pepper for seasoning

Chop onion and sauté in the large blue frying pan with a spritz of oil. Add garlic. Sauté until soft and beginning to turn brown. Remove from heat.

Chop cauliflower into florettes. Steam in a large Pyrex casserole in the microwave for two minutes. Slice zucchini into thin wedges. Add zucchini to the Pyrex and steam both cauliflower and zucchini for an additional two minutes.

Sauce alternative one: chop tomatoes and sauté the large blue frying with a spritz of oil. Season with salt and pepper. Add sautéed onion and garlic. Add a little water/wine. The sauce should be fairly liquid. Bring to a gentle boil

Sauce alternative two: dice can tomatoes and follow directions above.

Sauce alternative three: add jar of Prego sauce to frying pan follow directions above.

Add the cauliflower and zucchini and simmer for 10 to 15 minutes until pretty well cooked.

Meanwhile, bring pasta water and a dash of salt to boil. Add cappellini and boil for six minutes maximum drain.

While the water is coming to a boil add the green peas and mushrooms to the sauce.

After adding the pasta to the water, add the spinach leaves to the sauce and incorporate.

Add water to the sauce as necessary: you can spoon in boiling pasta water as needed. The sauce should be a fairly liquid sauce.

Drain pasta, adjust seasoning in the sauce and serve.

You can garnish with Parmesan cheese or grated Swiss cheese.