

SUMMER VEGETABLE PASTA

Serves: 4

Ingredients

1 red onion, finely chopped	2 medium zucchini, chopped
1 white onion, finely chopped	1 medium yellow summer squash, chopped
4 cloves garlic, minced	8 ounces, white button mushrooms
1 tablespoon dried oregano	1 cup frozen, organic corn
1 teaspoon dried thyme	12 ounces legume-based or whole-wheat pasta
1 teaspoon dried rosemary	Fresh basil, torn
½ cup dried, red lentils, rinsed	Vegan Parm , if desired
28-ounce can, crushed tomatoes	
1 cup low-sodium vegetable broth, or water	
½ teaspoon salt, or to taste	
½ teaspoon ground black pepper, or to taste	

directions

Over medium-low heat, heat a large saucepan or skillet. Once hot, add the onions and saute for 5-7 minutes, until the onions become translucent. If the onions begin to stick, add 1 tablespoon of water or vegetable broth, as needed. Add the garlic and cook until fragrant, about 1 minute.

Then add the oregano, thyme, and rosemary. Cook for 2 minutes. Add the lentils, crushed tomatoes, and 1 cup of low-sodium vegetable broth. Reduce heat and simmer the sauce for 25 minutes.

While the sauce is cooking, begin cooking the vegetables. In a separate medium skillet, add the chopped zucchini, yellow squash, mushrooms, and corn. Cook for about 10 minutes.

In the meantime, cook the pasta according to the package directions until al dente. If using legume based



pasta (i.e. lentil or chickpea pasta), cook about 1-2 minutes less than package timing and rinse immediately with cold water. Reserve about ½ cup leftover starchy pasta sauce before draining.

Once the sauce, pasta, and vegetables are complete, stir everything together. If the mixture/pasta appears too dry, add the reserved pasta water.

Once complete, serve by sprinkling torn fresh basil and vegan parm.

Enjoy!



find more recipes at www.wholesomeLLC.com



