

Quick Veggie Pasta

INGREDIENTS

25 MINUTES 4 SERVINGS

- 1 cup grape tomatoes
- 1 Tbsp olive oil
- 4 oz. mushrooms
- 4 oz. fresh spinach
- 1/2 lb. whole wheat linguine
- 1 Tbsp butter
- 1/4 tsp garlic powder
- salt, to taste
- pepper, to taste
- 2 tbsp of Nutritional Yeast or Parmesan Cheese with a pinch of Paprika

Note: Feel free to use any veggies of your choice! Fresh, canned, and/or frozen.



adapted from: budgetbytes.com

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PROCEDURE

1. Bring a large pot of water to a boil for the pasta. Once boiling, add the pasta and continue to boil until the pasta is tender (about 7 minutes). Reserve a 1/2 cup of the pasta water, then drain the pasta in a colander.
2. While waiting for the water to boil, slice the mushrooms and cut the tomatoes in half.
3. Heat the cooking oil in a large skillet over medium heat. Add the mushrooms and a pinch of salt to the skillet and sauté until they have released all of their moisture and water is no longer pooling on the bottom of the skillet (about 5-7 minutes).
4. Add the tomatoes and sauté for about two minutes more, or just until they're heated through (they'll continue to cook more after other ingredients are added). Add the spinach and sauté just until wilted.
5. Finally, add the cooked and drained pasta to the skillet along with the butter. Toss until everything is coated in melted butter. Turn the heat off.
6. Season with garlic powder, nutritional yeast, salt, and pepper, then toss to coat. Give the pasta a taste and adjust the seasonings to your liking. If the pasta gets too dry as you're tossing with the seasoning, just add a splash of the reserved pasta water. Serve immediately and enjoy.



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