



Pasta Primavera

Prep Time 20 mins
Total Time 30 mins
Meal Type Lunch,Dinner
Contributed By



Source Adapted from Living Plate Teaching Kitchen

Servings 4



Ingredients

lb,c g,ml

- 1 lb pasta, whole-grain, *cooked al dente*
- 1/4 cups olive oil
- 1 bell pepper, red, *cut into slivers*
- 1 zucchini, medium, *sliced*
- 1/2 onion, red, *slivered*
- 8 oz asparagus, *trimmed and chopped*
- 2 cloves garlic, *minced or pressed*
- 1 pints tomatoes, cherry, *halved*
- 1 tsp Italian seasoning
- 2 cups spinach, *chopped*
- 3 Tbs parmesan-style vegan cheese, *grated (optional)*

Directions

Prep

1. Prepare pasta al dente or until desired texture.
2. Prep pepper, zucchini, onion, asparagus, garlic, tomatoes, and spinach as directed.

Make

1. In a large sauté pan, heat olive oil and add onion and peppers. Sauté until softened then add asparagus, garlic, zucchini, cherry tomatoes, and Italian seasoning.
2. Continue sautéing until all vegetables are just softened, adding some water if needed to prevent sticking.
3. Add pasta to sauté pan and toss with vegetables.
4. Stir in spinach [heat will wilt the spinach.]
5. Serve with grated cheese if desired.
6. Season with salt and pepper to taste.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories 619
per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 20.8g	32%	Total Carbohydrates 99g	32%
Saturated Fat 2.4g	12%	Dietary Fiber 14g	56%
Trans Fat 0.0g		Total Sugars 10g	
Cholesterol 0mg	0%	Protein 19g	
Sodium 261mg	11%		

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 0mcg 0% · Calcium 232mg 23% · Iron 306mg 1702% · Potassium 1030mg 21%

- Show all nutrients -