

Pasta Primavera

By Kathy Everett & Donna Owen



Prep time:	15 min
Cook time:	10 min
Serves:	4

Dietary Requirements:

Vegan	X	Low Carb		Gluten-Free		Nut-Free	X
Vegetarian	X	Sugar-Free	X	Grain-Free	X	Soy-Free	X

Ingredients:

- 1 jar of organic marinara sauce
- 1 box of organic pasta (can also use gluten-free pasta like Banza brand) or zoodles
- 1 package of frozen vegetable stir fry blend (contains broccoli, onions, peppers, green beans and mushrooms) You can always use fresh veggies if you have them on hand
- 1 package of frozen green peas (optional)
- Salt and pepper to taste
- Crushed red pepper flakes (to taste, optional)

Directions:

1. Cook pasta according to package directions and drain well.
2. While pasta cooks, sauté the vegetables in a small amount of water until thawed and tender.
3. Place cooked pasta in a large bowl and add the sauce, mixing well while the pasta is still warm.
4. Add the vegetables and toss to coat.
5. Add the spices and adjust to taste.