

PAM'S PASTA SURPRISE

INGREDIENTS:

- 1 ½ CUPS OF SPINACH (FRESH OR FROZEN)
- 1 CUP OF FRESH SLICED MUSHROOMS
- 1 ½ CUP OF BROCCOLLI FLORETS (FRESH OR FROZEN)
- 2 FRESH GARLIC CLOVES MINCED
- 1 LB PASTA VEGGIE, WHOLE WHEAT OR 2 BAGS OF FROZEN BIRDSEYE VEGGI PASTA
- 1 ½ CUP OF SUNDRIED TOMATOES
- 3 OZ OF TOMATO PASTE
- ½ CUP OF SHREDDED PARMESAN CHEESE/OR CHEESE OF YOUR CHOICE
- 4 TBSPS OF OLIVE OIL
- BLACK PEPPER TO TASTE
- RED PEPPER FLAKES TO TASTE
- ½ TSP ONION POWDER
- 1/8 TSP SALT ****IF NOT ADDING CHEESE**

PREPARATION:

SOAK SUNDRIED TOMATOES IN 1 CUP OF WARM WATER IN COVERED CONTAINER ON THE COUNTER OVERNIGHT

DIRECTIONS:

- ◆ In a large sauté pan add 4 TBS of olive oil
- ◆ Sauté spinach, mushrooms, broccoli, garlic, and seasonings on medium heat until veggies are cooked al dente'
- ◆ Add tomatoes with the liquid to the pan and sauté for another 15 minutes
- ◆ Add the tomato paste
- ◆ In a separate pot cook pasta al dente'
- ◆ With a slotted spoon, add pasta from pot to the sauté pan
- ◆ Mix veggies and pasta together in the pan add 1 ½ Cups of the pasta water and mix together
- ◆ Fold in the cheese
- ◆ Stir together and serve



2 Cup serving of regular pasta=50 g carbs; Veggie pasta=32 g carbs