



**GENESIS**  
-HEALTH REVOLUTION-

# ← *Recipe Card* →

## **Pasta Primavera**

### *INGREDIENTS:*

- 1 pkg of Tinkyada or Jovial spaghetti or angel hair GF Pasta or pasta of choice
- 4C vegetable broth for sautéing -DIVIDED
- 3 cloves minced garlic
- 1/2 white onion, diced
- 1-8 oz box fresh mushrooms, sliced
- 1/2 red bell pepper, sliced thin
- 1 bunch of thin asparagus or small broccoli florets (or some of both)
- 1 small zucchini, cut in 1/2 circles
- 1 Can of Lite Coconut milk
- 1/3 C water
- 1/3 C nutritional yeast flakes
- 2 TBS cornstarch
- Salt to taste
- Opt: 2 TBS plant based butter

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*DIRECTIONS:*

- Cook pasta according to package for al dente.(still has a very slight bite to the noodle). RINSE WELL and set aside.
- Heat a large skillet over medium-high heat.
- Add 1/2 C broth with onions and saute for about 8-10 minutes or until translucent. Add more broth if needed.
- Add garlic and saute about another 30 seconds. Remove from pan and set aside.
- Add mushrooms to skillet -they will release their own liquid. Saute until all the liquid is absorbed. Set aside.
- Add bell pepper and asparagus/broccoli to a steamer and steam for 5-8 minutes.
- Add zucchini and steam another 5 -8 minutes. (depends on the size- you want them tender-firm but not mushy.)
- Add steamed veggies, onions and garlic to skillet with mushrooms.
- Whisk coconut milk, water, yeast flakes, cornstarch and salt together. Add to skillet and heat until thick and creamy.
- Add opt. Butter if desired.
- Ladle over hot pasta, top with a sprinkle of dried parsley.