Mediterranean Vegetarian Pasta

Description

Chef's notes: I have been blown away by the meatless products entering the market. This is an excellent way to sneak it into your weekly dinner plan and enjoy a vegetarian meal on the sly. With the abundance of vegetables and the filling pasta, all you need to accompany this dish is a fresh, crunchy salad! You don't have to stick with the vegetables listed – make use of what you have, just think color and mixed textures.

Total time: 40 min   Yield: 6 servings

Ingredients

1 lb pasta - cavatappi, campanelle, gemelli
cooking spray
1 lb meatless sausage (sliced diagonally, spicy Italian or breakfast sausage)
1 round onion (medium, julienned)
2 tsp granulated garlic or 2 heads garlic (fresh, minced fine)
1 tsp Italian seasoning
1 red bell pepper (medium, cored, deseeded, julienned)
1 1/2 cup broccoli (bite size pieces)
1 zucchini (small, halved, cut into half moons)
1 cup mushrooms (button or baby bella, sliced)
1/2 cup kalamata or black olives (seedless, halved)
1/4 cup capers (drained, rinsed)
3/4 cup prepared marinara pasta sauce
pinch red peper flakes (optional)
garlic salt (to taste)
1 cup fresh baby spinach or sweet basil (optional)
Parmesan cheese (fresh ground or shaved)

Prep Time: 20 min   Cooking Time: 20 min   Total Time: 40 min

Instructions

Cook the pasta per the package instructions, drain and set aside.

Coat a large sauce pan with a raised rim with cooking spray, and add the sausage, cooking until browned. Add the onion and cook until just starting to soften, then add garlic and Italian seasoning. Continue stirring; add the veggies in this order: bell pepper, broccoli, zucchini and mushrooms. If using other veggies, add the longest cook time options first.

Once veggies are al dente, add olives, capers and prepared sauce. Continue cooking for 2 to 3 minutes, season and add the fresh spinach or sweet basil. Serve with a sprinkle of Parmesan cheese and enjoy with a glass of merlot.

Recipe brought to you by:

Chef Michi Holland