

Recipe for

Whole Grain Pasta with Vegetables



INGREDIENTS

Tbsp olive oil

Pinch minced garlic

1 oz red onions

2 oz zucchini

2 oz squash

3 oz tomatoes

Pinch minced basil

Pinch marjoram

Barilla whole grain pasta

VARIATIONS

Your own favorite veggies

Grilled chicken

deveined shrimp

Grilled salmon

Grilled tuna

1. Sauté the garlic in hot oil until brown. Stir often to avoid sticking.
2. Add the onions, zucchini and squash. Sauté on high heat until limp.
3. Add the tomatoes, basil and marjoram and sauté on medium heat.
4. Season to taste with salt, pepper or garlic.
5. Toss with al dente pasta and pour into dinner bowl and garnish with minced parsley.
6. This is a very simple recipe but very difficult to execute. The cook times & textures are critical!

NOTES

This vegetarian dish does have the carbs but the whole grain pasta gives your diet the fiber that most of us don't get enough of. Surprisingly, the pasta adds a wonderful flavor. Compare it to eating white or wheat bread; the white bread is plain and really offers little nutritional value while the wheat adds flavor and nutrition.

We offer Barilla Whole Grain spaghetti in our restaurants as a substitute for any of our pasta meals. We find Barilla to have the best flavor and texture profile. Other whole grain and wheat pastas tend to be brittle and tough. It is critical to cook small batches of this pasta in lots of boiling water. Shock in cold water to stop the cooking process and set aside.