

Jenny's Vegetable Pasta

Everyone loves pasta! And this is my favorite way to make it count. Other vegetables I've used in this dish are broccolini, green beans, broccoli rabe, and Swiss chard. For extra protein, I sometimes add 1/2 can of drained cannellini beans... that makes a hearty meal. This dish is loaded with antioxidants. Green vegetables protect your eyes, teeth & bones, and they boost your immune system. Broccoli is one of the best defenders against cancer.

*Remember to save some pasta water before draining it.

5 oz. pasta

1 clove of garlic, crushed
1 teaspoon olive oil
2 cups chopped asparagus
2 cups chopped broccoli
2 cups fresh baby spinach

1 cup pasta water
2 teaspoons flour
2 Tablespoons parmesan
1/4 teaspoon salt

1. Cook pasta per package directions.
2. While pasta cooks, sauté garlic in oil in a large pan on medium-high for one minute until golden.
3. Add asparagus & broccoli, cook & stir uncovered 3-4 minutes, adding pasta water 2 tablespoons at a time as needed.
4. Add spinach, cook & stir one minute. Cover & set aside.
5. Before draining pasta, reserve one cup of cooking water.
6. Whisk flour slowly into reserved water until smooth.
7. To the vegetables, add drained pasta, water/flour mixture, parmesan & salt. Cook about one minute 'til thickened.

Serves two or three