

Summer Spaghetti and Vegetables



Prep: 10 minutes

Cook: 25 minutes

Yield: 2-4 servings

INGREDIENTS

- 1 box pasta
- 1 can diced or crushed tomatoes
- 1 summer squash
- 2 stalks kale
- 1 tablespoon of Italian herbs
- 3 tablespoons oil
- 1 head of broccoli
- 2 tablespoons oil
- Salt to taste

OPTIONAL

Use fresh herbs like basil or rosemary if available.

Other vegetables can be substituted for the ones above.

Sauté with garlic or adding garlic powder to the sauce can additionally impact flavor. Cooked proteins like chicken, beef, or beans may be added as well. If an oven is available, broccoli may be tossed with oil, salt, and pepper and roasted at 425 degrees for 15 minutes, or until crispy.



INSTRUCTIONS

1. Start a pot of water on the stove to boil for the pasta, following directions on pasta packaging.
2. Prep vegetables for sautéing. Roughly cut broccoli into 2-inch pieces (about the size of your thumb), cutting the stalk into 1/2 inch thick rounds. Tear kale leaves into bite sized pieces and dice summer squash.
3. Heat oil in a large pan, sauté summer squash, broccoli and kale until soft, stirring occasionally (3-5 minutes).
4. While vegetables are cooking, cook pasta according to the box directions and prepare sauce.
5. Sauce- Add the can of diced tomatoes and 1 tablespoon of the dried herbs to the sautéed vegetables, stirring until well combined.
6. Turn the heat off for the sauce, mix in small amounts of fresh herbs if using. Drain pasta and add sauce. Enjoy!