

Peas and Pasta Primavera

Ingredients

2 tbsp oil for pasta
16 oz whole wheat penne pasta
3 cups fresh broccoli, cut into bite-sized pieces
1 ½ cup canned peas, well drained
1/3 cup whole milk
½ c grated parmesan cheese
1 tbsp margarine or butter
Salt and pepper to taste

Preparation

In a large pot, boil 8 cups of salted water, with 1 tbsp oil added into the water. Add whole wheat penne and allow to boil for 10 to 15 minutes, or until is al dente, or to your taste. Add peas and broccoli for the last 4 minutes of cooking; remove from heat and drain well. Add back into pan with margarine or butter, as well as 1/3 cup of whole milk. Bring the mixture to a low simmer over medium heat, then add your parmesan cheese and toss lightly to coat. Easy, peasy parma-cheezy!
Cook's tip: Reserve the water the pasta was boiled in for use in the sauce, in lieu of milk. It adds flavor and creaminess to a sauce without the dairy.

Awesome Broccoli Marinara

Ingredients

2 tbsp olive oil
1 can (14.5 ounces) can diced tomatoes
1 lb broccoli, cut into bite sized chunks
2 tbsp dried basil
2 tbsp minced garlic or reduce to teaspoons if using garlic powder
Salt and pepper to taste.

Preparation

Heat olive oil in a large skillet over medium heat. Add garlic, and cook for a few minutes, stirring constantly. Pour in the tomatoes with their juices, and simmer until the liquid has reduced by about 1/2. Place the broccoli on top of the tomatoes, and season with a little salt and pepper. Cover, and simmer over low heat for 10 minutes, or until the broccoli is tender. Do not over cook the broccoli, it should be a vibrant green. Pour into a serving dish, and toss to blend with the sauce before serving.



Creamy Penne Pasta

(Extremely versatile, this recipe is great with fish or fowl)

Ingredients

16 ounces of whole wheat penne pasta
1 (8 ounce) package of cream cheese, softened
3 tbsp olive oil
1 tsp minced garlic
½ tsp basil, dried or ¼ c fresh
½ tsp oregano, dried or ¼ c fresh
2 tsp dried parsley or 2 tbsp fresh, chopped fine
1 tomato, diced
Salt and pepper to taste

Preparation

Bring a large pot of salted water to a boil. Add 1 tbsp of oil to the water, then add pasta; cover and allow to cook for 10 to 15 minutes, or until al dente. Drain, add 1 tbsp of oil to cooked pasta, toss well and set aside. Heat 1 tbsp oil in saucepan over medium heat. Add garlic, basil, tomato, oregano, salt and pepper. Cook until tomato has reduced by 1/2, then add cream cheese. Stir until melted, and if desired, add any meat. Toss with pasta. Serve immediately.

. PRO TIP: Aquafaba: also know as *the liquid left behind when you cook beans or what is left behind at the bottom of your can of chickpeas* can be quickly and easily whipped up to replace whipped eggs in a recipe. Use three tablespoons to replace one egg when making meringue, macaroons, or angel food cake.

Baked Apple Chips

Ingredients

4 apples cored and very thinly sliced
1 tbsp ground cinnamon
2 tbsp white sugar

Preparation

Preheat oven to 250. Line baking sheets with parchment paper (if you have it, or aluminum foil if you don't). Whisk together sugar and cinnamon in a medium sized bowl, then add slices of apple and toss vigorously to coat. Arrange in slices on prepared baking sheets. Bake in the preheated oven until browned and lightly crisped, about 2 hours. Allow to fully cool before consuming.

