

Primavera Verde

Prep and Cook Time: 50 minutes

Ingredients:

- 1 medium onion, quartered and sliced thin
- 1 small red bell pepper, cut in thin 1 inch strips
- 1 medium carrot cut in very thin sticks 1½ inches long
- 1 bunch thin asparagus cut 1½ inches long, discard bottom fourth
- 1½ cup zucchini or summer yellow squash, cut in thin 1 inch strips.
- 6 medium cloves garlic, chopped
- 1 15oz can diced tomatoes, with juice
- 1 TBS + 1/4 cup vegetable broth
- 1 cup fresh basil, chopped
- 3 TBS fresh sage, minced
- 1 cup fresh parsley, minced
- 3 TBS fresh oregano, minced
- salt & black pepper to taste
- 4 oz whole grain linguini pasta (not for Candida Protocol) or brown rice linguini pasta
- 4 oz Chevre goat cheese (optional; definitely no cheese for Candida Protocol)

Directions:

1. Bring salted water to a boil for pasta.
2. Chop onion and garlic and let sit for 5 minutes to bring out their hidden health-promoting benefits.
3. Chop remaining vegetables
4. Heat 1 TBS broth in medium stainless steel skillet. Healthy Sauté onion in broth over medium heat stirring frequently for 3 minutes. Add vegetables in order given, waiting about 1 minute between each.
5. Add tomatoes, broth and simmer for another couple minutes, until vegetables are barely tender, about 10 minutes. If needed, you can add a touch more liquid to keep moist. Add minced herbs. Season with salt and pepper.
6. While vegetables are simmering cook pasta, according to package instructions and strain through colander.
7. Toss pasta with vegetable mixture and top with goat cheese if desired.

Serves 6