



Pesto Pasta

Prep Time: 10 mins Cook Time: 20 min Serves: 6

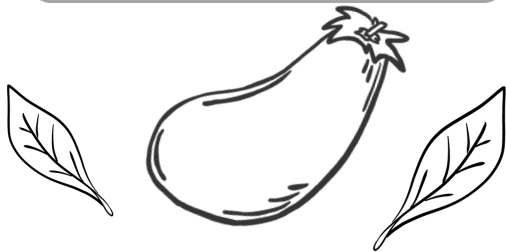
Ingredients:

- 1 box whole grain pasta
- 1/2 onion
- 1 zucchini or yellow squash
- 1 small eggplant
- 1 bell pepper
- 3 cloves garlic, minced
- 1 Tbsp olive oil
- 1 pesto recipe*

*see Fresh Basil Pesto recipe.

Instructions:

1. Cook whole grain pasta according to the package.
2. Dice onions, squash, eggplant, and peppers into 1/2 inch chunks.
3. Mince garlic.
4. Heat olive oil in saute pan over medium heat.
5. Add onions and eggplant. Stir often and cook until translucent (5-7 min). This is sauteing.
6. Add the minced garlic, squash, and peppers and saute for 5 more minutes until the veggies are tender.
7. Add sauteed veggies and pesto to the pasta. Stir to combine.



Try adding mushrooms, tomatoes, chicken or your favorite veggies!