

RED LENTIL BROCCOLI PASTA

INGREDIENTS

- Water
- Pinch** Salt
- Lentils (red)
- 1 1/2 C** Broccoli (head) (use only small sized florettes)
- 1/4 t** Garlic powder
- 1/4 t** Onion powder
- 2 t** Dill (fresh) (chopped)
- 2 tbsp** Parsley (fresh) (chopped)
- 2 tbsp** Oregano (fresh) (chopped)
- 1 tbsp** Olive Oil
- 2/3 C** Garlic Vegenaise
- Sea salt (to taste)
- Pepper (to taste)



DIRECTIONS

- 1 Bring large pot of salted water to a boil & add pasta
- 2 While pasta is cooking, place olive oil in a saute pan to coat it
- 3 Add broccoli, garlic powder & onion powder to the pan
- 4 Saute the mix on medium/high heat until tender (about 10-15 minutes)
- 5 When the pasta is al dente, reserve 1 C of the cooking liquid
- 6 Strain the rest of the pasta & return to the pot
- 7 Add the vegenaise, broccoli, chopped herbs, salt & pepper & mix until the pasta is well coated
- 8 If the pasta isn't as creamy as you like, add some of the reserved liquid to help coat the pasta
- 9 Serve in a large bowl while the pasta is still warm

NOTES

Serves 4

