

Primavera Lentil Penne



PREP TIME: 8 to 10 minutes
COOK TIME: 30 to 35 minutes
YIELD: 4 servings

ARRABBIATA SAUCE INGREDIENTS

3 tablespoons extra-virgin olive oil
2¾ teaspoons finely chopped fresh garlic cloves
2¾ teaspoons crushed red pepper flakes
¼ cup finely chopped yellow onion
1 cup chopped red bell peppers
2 cups diced fresh eggplant
1 tablespoon tomato paste
½ cup low-sodium vegetable stock
3 cups no-added-salt crushed tomatoes
1 teaspoon dried oregano
1 teaspoon kosher salt
1 teaspoon granulated sugar

INSTRUCTIONS

1. Heat oil in a medium saucepan over medium heat.
2. Add garlic, crushed red pepper and onion. Sauté for 3 minutes or until soft and fragrant.
3. Add peppers and eggplant. Sauté for another 3 minutes.
4. Add tomato paste, stock and crushed tomatoes. Reduce heat to medium-low and simmer for 20 minutes or until thickened.
5. Stir in oregano, salt and sugar until well incorporated and sugar is dissolved. Remove from heat. Serve hot or cool, cover and refrigerate until ready to use. Reheat as needed.

LENTIL PENNE INGREDIENTS

12 ounces lentil penne
Water to boil pasta

INSTRUCTIONS

1. Bring water to a full rolling boil. Add pasta to boiling water. Stir while returning to a brisk boil. Reduce heat. Simmer for 10 to 12 minutes or until just tender. Drain well and use immediately or cool, cover and refrigerate until ready to use. Reheat as needed by placing in hot water. Drain well before using.

PRIMAVERA LENTIL PENNE INGREDIENTS

1 cup fresh broccoli florets
1 cup fresh sliced zucchini, cutting slices in half-moon shapes
1 cup fresh sliced yellow squash, cutting slices in half-moon shapes
2 teaspoons crushed red pepper flakes
¼ teaspoon kosher salt
1 teaspoon extra-virgin olive oil
¼ cup finely sliced fresh basil leaves

INSTRUCTIONS

1. Blanch broccoli in boiling water or steamer for 1 minute. Shock in ice bath and drain well.
2. Preheat sauté pan or wok over medium-high heat. Coat with cooking oil spray.
3. Add broccoli, zucchini and squash. Sauté for 1 to 2 minutes or until slightly tender.
4. Add warm sauce, crushed red pepper, salt and warm pasta to vegetables. Stir to combine until heated through.
5. Evenly divide into 4 servings. Place 1 portion onto the center of each plate.
6. Drizzle each portion with ¼ teaspoon extra-virgin olive oil and sprinkle with 1 tablespoon basil.

NUTRITION FACTS: 1 Plate

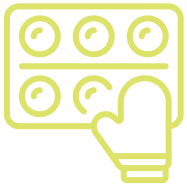
Cal.	Cal. Fat	Tot. Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
500	110	12g	1.5g	0g	0mg	660mg	81g	12g	12g	23g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutritional information available upon request.



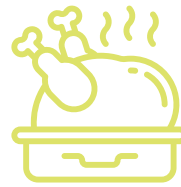
You Can Cook Healthy at Home

It's very easy and, best of all, you don't need to invest in new kitchen appliances and fancy gadgets. Use these techniques to make delicious food that tastes great!



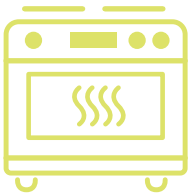
BAKE IT

Lightly spray a baking dish or an oven-safe baking rack with olive oil. If using the rack, place it in a baking dish so any fat can drip off. Place food in the dish or on the baking rack. Check the food's internal temperature to make sure it is fully baked.



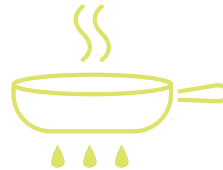
ROAST IT

Before roasting, season or marinate the food, then sear it over high heat, if desired. Elevate food in a roasting pan with a rack so that hot air can reach all sides. If roasting meat, roast until the item reaches the desired internal temperature and let it rest before carving.



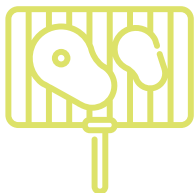
BROIL IT

Preheat the broiler and lightly coat an oven-safe cooking rack with vegetable spray; place the rack inside a baking dish. Place food on the rack, and turn once during broiling, if necessary. Carefully monitor cooking, as foods can burn quickly.



SAUTÉ IT

Sauté means to cook food quickly over relatively high heat with a minimal amount of fat. It's especially suited to cooking small or thin food. If you use a pan with a nonstick surface, you won't need to add any oil.



GRILL IT

Preheat your grill and grill rack. You may need to brush on vegetable oil if you aren't cooking meat that's been marinated. Place items on grill and turn them halfway through the suggested cooking time. Apply any wet sauces or bastes in the final minutes of cooking.



STEAM IT

Place vegetables in a steamer basket over boiling water and cook until tender.



STIR-FRY IT

Add a little oil to a wok or frying pan and heat it up to quickly cook protein and vegetables over high heat.