



Hearty Legume Pasta with Sautéed Vegetables

INGREDIENTS

- 1 package lentil, chickpea, or bean pasta (8 oz)
- 2 tbsp vegetable oil
- ½ onion
- 1 cup mushrooms
- 2 cloves garlic
- 1 bell pepper (red or orange)
- 1 cup cherry tomatoes
- 5 fresh basil leaves

METHOD

- 1** First, dice the onion. Slice the mushrooms. Mince the garlic cloves. Dice the bell pepper. Halve the cherry tomatoes. Tear the fresh basil leaves into small pieces.
- 2** Then, cook the pasta according to the package instructions. Drain and set aside.
- 3** Next, heat the vegetable oil in a large sauté pan over medium heat. Add the diced onion and sliced mushrooms. Cook until the onion softens. Add the minced garlic and diced bell pepper.
- 4** Finally, add the halved cherry tomatoes and cooked pasta. Toss to combine. Remove from heat and top with torn fresh basil.