



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 the bell pepper.

4 Finally, add the halved cherry tomatoes and cooked pasta. Toss to combine. Remove from heat and top with torn fresh basil.