

Pasta is Awesome

Makes: 6 Servings

Ingredients

11 ounces Rotini, whole grain, cooked, no salt added
1 1/2 tablespoons Oil, olive, salad or cooking
1 teaspoon Seasoning, Italian
1/2 teaspoon Pepper black, ground
1 teaspoon garlic, minced
1 ounce Carrots, raw, chopped
1 ounce Kale, raw, chopped
1 ounce Spinach, raw, chopped
2 tablespoons Tomatoes, red, ripe, raw
1/8 teaspoon Base, chicken, low sodium paste
10 ounces water
1/2 teaspoon Lemon juice, cnd or btld
1 ounce Peppers, red diced sweet



Directions

1. Wash hands. Put rotini in steamer pan with water to cover. Cook for 12-15 minutes in steamer until tender. Do not overcook. Drain, set aside.
2. While pasta is cooking, mince garlic, chop carrots into 1/4" pieces, chop kale leaves (remove stems) and spinach into 1" pieces, chop tomatoes into 1" pieces.
3. Put oil in full size (12 x 20"), 4" or 6" deep steam table pan. Heat over medium high heat on flat top or stove. Add seasonings.
4. Add minced garlic and carrots. Sauté over medium high heat until garlic is lightly browned and carrots are slightly softened.
5. While veggies are sautéing, mix base and water to make broth. Add broth to veggie mixture. Stir. Add kale and spinach. Sauté over low heat until they reduce to about half size. Add tomatoes. Stir gently to heat through.
6. Mix cooked, drained pasta into veggies. Toss with

lemon juice. Stir to heat throughout.

7. Garnish with diced red pepper (OPTIONAL). Serve warm. Hold for hot service at 140* or higher.