



Veggie Pasta



Prep Time: 10 mins Cook Time: 20-25 min Serves: 6

Ingredients:

- 1 box whole grain pasta
- 1 eggplant
- 1/2 white onion
- 1 yellow squash or zucchini
- 1 bell pepper
- 3 cloves garlic
- 2 Tbsp fresh oregano
- 1/4 cup fresh basil
- 2 Tbsp fresh parsley
- 1 can(6oz) low-sodium tomato paste
- 1 cup water
- 1 Tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp black pepper

IF you don't have fresh herbs, You can use 2 TBSP of dried Italian seasoning

Instructions:

1. Cook whole grain pasta according to the package.
2. Dice eggplant, onions, squash, and peppers into 1/4 inch chunks.
3. Mince garlic. Chop herbs with scissors.
4. Heat olive oil in a pot over medium heat. When the oil is hot, Add eggplant, saute until soft (about 5 minutes).
5. Add onions and saute until translucent (2-3 minutes).
6. Add the minced garlic, squash, and peppers and saute for 5 more minutes.
7. Add the tomato paste, water, herbs, salt and pepper to the pot and simmer on low for 10 minutes. Add additional water if sauce becomes too thick.
8. Add the pasta to the sauce, stir to combine.