



Dinner: Simple Veggie Pasta

Comforting, filling, and easy to adapt

Farm Produce You Can Use:

- Tomatoes
- Peppers
- Onions
- Greens
- Herbs

Ingredients

- Pasta of choice
- Chopped vegetables
- Olive oil
- Garlic (optional)
- Salt & pepper

Optional Add-Ins

- Beans
- Grilled chicken
- Fish
- A sprinkle of cheese

Directions (How to Make It)

1. Cook pasta according to package instructions.
2. Sauté vegetables in olive oil until soft.
3. Add cooked pasta and toss together.
4. Season lightly and serve warm.

Wellness Focus

- Balanced comfort food with vegetables that support energy and satisfaction.