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# Mediterranean Vegetarian Pasta

## Description

*Chef's notes: I have been blown away by the meatless products entering the market. This is an excellent way to sneak it into your weekly dinner plan and enjoy a vegetarian meal on the sly. With the abundance of vegetables and the filling pasta, all you need to accompany this dish is a fresh, crunchy salad! You don't have to stick with the vegetables listed – make use of what you have, just think color and mixed textures.*

Total time: 40 min   Yield: 6 servings

## Ingredients

1 lb pasta - cavatappi, campanelle, gemelli  
cooking spray  
1 lb meatless sausage (sliced diagonally, spicy Italian or breakfast sausage)  
1 round onion (medium, julienned)  
2 tsp granulated garlic or 2 heads garlic (fresh, minced fine)  
1 tsp Italian seasoning  
1 red bell pepper (medium, cored, deseeded, julienned)  
1 1/2 cup broccoli (bite size pieces)  
1 zucchini (small, halved, cut into half moons)  
1 cup mushrooms (button or baby bella, sliced)  
1/2 cup kalamata or black olives (seedless, halved)  
1/4 cup capers (drained, rinsed)  
3/4 cup prepared marinara pasta sauce  
pinch red peper flakes (optional)  
garlic salt (to taste)  
1 cup fresh baby spinach or sweet basil (optional)  
Parmesan cheese (fresh ground or shaved)

Prep Time: 20 min   Cooking Time: 20 min   Total Time: 40 min

## Instructions

Cook the pasta per the package instructions, drain and set aside.

Coat a large sauce pan with a raised rim with cooking spray, and add the sausage, cooking until browned. Add the onion and cook until just starting to soften, then add garlic and Italian seasoning. Continue stirring; add the veggies in this order: bell pepper, broccoli, zucchini and mushrooms. If using other veggies, add the longest cook time options first.

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Once veggies are al dente, add olives, capers and prepared sauce. Continue cooking for 2 to 3 minutes, season and add the fresh spinach or sweet basil. Serve with a sprinkle of Parmesan cheese and enjoy with a glass of merlot.

**Recipe brought to you by:**

Chef Michi Holland