

Vegetable & Edamame Pasta

Servings 4



Nutrition Information

Calories	410
Fat	19 g
Carbs	46 g
Fiber	12 g
Protein	20 g

Ingredients

- 1 box (8 oz.) [Banza Penne Pasta](#)
- 2 tsp [olive oil](#)
- 3 [cloves garlic, minced](#)
- 1 [orange bell pepper, chopped](#)
- 1 [yellow bell pepper, chopped](#)
- 1 small [zucchini, chopped](#)
- 2 [tomatoes, chopped](#)
- 1 cup [frozen edamame](#)

Directions

1. Cook pasta according to directions on box.
2. Preheat large skillet. Cook onions, olive oil and garlic for about 5 minutes on medium heat.
3. Add in peppers, zucchini and edamame. Sauté for about 10 minutes.
4. In a food processor, add all ingredients for the sauce. Process until smooth. Set aside
5. Just before vegetables are cooked, add in tomatoes. Cook for 2-3 minutes, until warm.
6. Add drained pasta to skillet and combine well. Then coat pasta and vegetables with basil sauce. Season to taste and garnish with basil.

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