

UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

Roasted Red Pepper Pasta!



Ingredients:

- 1 box of your favorite pasta (cooked)
- 2 red bell peppers
- 2 Tbsp olive oil (can substitute broth)
- 2 green onions (chopped)
- 4 cloves garlic (minced)
- 1.5 cups milk (cow or nut)
- 2 Tbsp nutritional yeast
- 1 1/2 Tbsp cornstarch or arrowroot powder
- Pinch of salt, pepper, and red pepper flakes

Preparation:

- Place the bell peppers on a baking sheet and roast for 25-30 minutes on 500 degrees. Cover in foil to steam for 10 minutes.
- In a large skillet sauté onions and garlic in olive oil until golden brown. Remove from heat.
- In a blender/food processor blend roasted peppers, garlic mixture, milk, nutritional yeast, corn starch, and a pinch of salt, pepper, and red pepper flakes. Blend until smooth.
- Add sauce back to the large skillet, simmer until it reaches desired thickness and add the pasta.

More recipes from UofL Health Promotion Office:

www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes

Chef Mat's website has more recipes for fresh summer veggies and fruits:

www.junehealthandwellness.com