



Makes 8 cups
Preparation Time: 25 minutes
Cook Time: 5 minutes

INGREDIENTS:

8 oz. dry whole wheat rotini pasta

6 oz. fresh Broccolini, trimmed, sliced lengthwise, and cut into 1½-inch pieces

1 cup low-sodium vegetable broth

1 8-oz. package fresh cremini mushrooms, quartered

1 medium zucchini, quartered lengthwise and sliced (2 cups)

1 medium yellow squash, quartered lengthwise and sliced (1¾ cups)

¾ cup slivered red bell pepper

½ cup chopped onion

3 cloves garlic, minced

¼ cup cashew butter or tahini

3 tablespoons nutritional yeast

1 tablespoons lemon juice

2 teaspoons Dijon mustard

Sea salt, to taste

Freshly ground black pepper, to taste

Creamy One-Pot Pasta with Broccolini

This satisfying pasta dish combines all the best ingredients: hearty **whole grain rotini**, fresh veggies, and a creamy, tangy sauce to tie it all together. The best part? It only uses a single pot for minimal kitchen cleanup. Feel free to swap in any produce that you enjoy to make it a truly customized dish.

Tip: Save a little water from cooking the **pasta**—the starch in it adds extra creaminess to the finished sauce. To make it gluten-free, substitute gluten-free pasta such as lentil, brown rice, or chickpea pasta.

By Shelli McConnell

- 1 In a large pot cook pasta according to package directions; reserve 1½ cups pasta cooking water. Drain; set rotini aside.
- 2 In the same pot, cook Broccolini with ¼ cup of the vegetable broth over medium-high about 3 minutes. Add the next six ingredients (through garlic); cook 5 minutes more or until just crisp-tender, stirring frequently. Remove from heat; add rotini and squash.
- 3 In a bowl whisk together the remaining ¾ cup broth and the next four ingredients (through mustard). Add to pasta mixture in pot; toss to combine. Add reserved pasta cooking water a little at a time until creamy. Return to heat; heat through. Season with salt and black pepper.