



Makes 4 bowls
Preparation Time: 20 minutes
Cook Time: 10 minutes

INGREDIENTS:

½ cup raw cashews

4 cups dry whole wheat pasta,
such as penne

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon dried parsley,
crushed

½ teaspoon crushed red pepper

3 tablespoons lemon juice

Sea salt, to taste

Freshly ground black pepper, to
taste

3 cups frozen vegetable medley,
such as broccoli and cauliflower

1 15-oz. can chickpeas, rinsed
and drained (1½ cups)

3 medium tomatoes, cut into
wedges

Summer Pasta Bowls with Grilled Veggies and Cashew Cream Sauce

Not sure what to do with the straggler ingredients in your pantry and freezer? Whip up this satisfying summer bowl for a nourishing meal that clears out space in your kitchen. Start by cooking up your favorite whole grain pasta and then grilling a bag of frozen veggies to infuse them with extra flavor. Grilling frozen vegetables is easy, but be sure to choose a mix with large chunks, like **broccoli** and cauliflower (or use fresh vegetables if you prefer). You can also use a grill pan on your stovetop if you don't have a full BBQ. Once these main components are ready, all you have to do is toss in a can of chickpeas, slice some fresh tomatoes, and drizzle everything in a creamy homemade cashew sauce. To save on time, you can also skip making the sauce and instead thin out **oil-free hummus** with a few tablespoons of water until it reaches a saucy consistency. No matter how you doctor up this dish, you'll end up with a delicious medley of nutrient-dense ingredients that will keep your rumbling tummy at bay!

For more produce-packed bowl recipes, check out these tasty ideas:

- [Quinoa Broccoli Bowls with Roasted Beets](#)
- [Mixed Grain Bowls with Mushrooms and Lentils](#)
- [BBQ Jackfruit Bowls with Texas Toast](#)
- [Baja Rice Bowls with Grilled Yellow Squash](#)

By Darshana Thacker Wendel

- 1 Place cashews in a blender; add ⅔ cup hot water. Let soak 20 minutes.
- 2 Meanwhile, cook pasta according to package directions; drain. Return pasta to pot.
- 3 For sauce, add garlic powder, onion powder, parsley, and crushed red pepper to blender. Cover and blend until smooth. Stir in lemon juice and season with salt and black pepper.
- 4 Grill frozen vegetables over high 2 to 3 minutes. Carefully turn vegetables and cook 2 to 3 minutes more or until hot and crispy.
- 5 Divide pasta, chickpeas, grilled vegetables, and tomatoes among bowls. Drizzle with cashew sauce.