



Serves 3 to 4
Preparation Time: 10 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 red onion, chopped
1 clove garlic, minced
1 can corn, rinsed and drained
1 jalapeno pepper, minced
(remove seeds to reduce heat)
1 green or red bell pepper,
seeded and chopped
1 bunch fresh kale, rinsed and
chopped
1 can diced tomatoes
1 large jar pasta sauce
16 ounces whole-grain spaghetti,
cooked
½ cup raw cashews, finely
ground

Rip's Pasta Primavera

This pasta dish has no bouillon, or any other meat, in it. It's colorful, hearty, tasty, and a great way to get greens into your evening meal. It also makes for wonderful leftovers. At the firehouse we usually make a tub full and polish it off before going home the next day at noon.

From *The Engine 2 Diet*

This kid-friendly recipe and other comfort food ideas are also available in our convenient [iPhone app](#) and newly released [Android recipe app](#).

By Rip Esselstyn

- 1 Sauté the onion, garlic, and corn in a large skillet on medium heat for 5 minutes. Add the jalapeno, bell pepper, and kale to the skillet and cook for 3 minutes. Add the diced tomatoes and pasta sauce to the vegetables. Ladle the sauce over the pasta and top with the cashews.