



Makes 8 cups
Cook Time: 40 minutes

INGREDIENTS:

2 cups walnut pieces
2 cups vegetable stock
3 tablespoons fresh lemon juice
(from 1 to 2 lemons)
½ cup packed fresh cilantro
leaves
½ cup packed fresh parsley
leaves
4 cloves garlic, minced
2 teaspoons sambal oelek chile
paste or hot sauce
¼ teaspoon sea salt (optional)
Freshly ground black pepper
16 ounces dried rotini pasta
3 cups broccoli florets
2 cups red and/or yellow bell
pepper strips
16 ounces fresh mushrooms, cut
into bite-size pieces
1 cup halved cherry tomatoes

Creamy Pasta Primavera

The secret to a great pasta primavera is the right balance of vegetable flavors and textures, plus a killer sauce. This vegan pasta recipe fits the bill, with crisp-tender broccoli, sweet bell peppers, earthy mushrooms, and tangy tomatoes, all of which are topped with a creamy walnut-and-herb sauce that gets a spicy kick from sambal oelek, an Asian chile paste. Sambal oelek can be found in the Asian section of most supermarkets, but you can also substitute a few drops of your favorite hot sauce. When blending the sauce, don't worry about pre-chopping the parsley and cilantro. Simply trim away the larger stems before measuring the leaves, then place them directly in the food processor.

Recipe from drmcDougall.com

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- 1 Combine the walnuts, stock, lemon juice, cilantro, parsley, garlic, chile paste, and salt (if using) in a food processor or blender and purée until smooth. Season with pepper.
- 2 Bring a large pot of water to a boil. Add the pasta, and cook for 5 minutes. Add the broccoli and bell peppers; cook for 4 to 5 minutes. Add the mushrooms; cook for 2 minutes more. Drain.
- 3 Transfer the pasta mixture to a large bowl. Add the sauce, and toss to coat. Add the tomatoes; toss gently to combine. Serve warm, at room temperature, or chilled.