

Pasta Salad Primavera

Ingredients:

40 ml	Olive Oil	250 ml	Broccoli florets
250 ml	Green peas	500 g	Rotini pasta, cooked al dente & drained
1	Clove garlic, peeled & minced	1	Zucchini, trimmed & chopped
1	Medium onion, peeled & chopped	3	Plum tomatoes, stemmed, seeded & chopped
	Salt and Pepper to taste		

Instructions:

1. In a large saucepan, heat 2 tablespoons (25ml) olive oil over medium heat. Add onion, zucchini and broccoli and sauté until tender, about 7 minutes
2. Add peas and garlic and sauté until garlic is golden.
3. In a large bowl, toss together sautéed vegetables, pasta and tomatoes with remaining 2 tablespoons (25 ml) oil. Season with salt and pepper to taste.
4. Serves 6.

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In motion Nutrition Tip:

To make this a complete meal, add a can of tuna, black beans, or chickpeas for protein.