



Easy Summer Pasta *Light and Healthy*

Serves 4

INGREDIENTS

2 cups rotini noodles (dry)
1 bell pepper (any color), diced
1 onion, diced
1 chopped zucchini or summer squash
1 tablespoon canola oil
¼ cup vegan Parmesan cheese
(such as Daiya)
Black pepper to taste

DIRECTIONS

1. Boil a large pot of water. Add rotini noodles and cook 8-10 minutes until tender.
2. In a pan, add the oil and sauté pepper, onion and zucchini until soft.
3. Drain pasta and add to pan with vegetables.
4. Add black pepper and top with vegan Parmesan cheese as desired.

NUTRITION:

230 calories
6 g protein

90 mg phosphorus
300 mg potassium

150 mg sodium