
Penne Rigate with Veggies

Sendik's Fine Foods

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This recipe is easily varied with different pastas and seasonal vegetables.

16 oz Penne Rigate

1 T Olive oil

5-6 cloves garlic minced

1 small red onion thinly sliced

2 large red, yellow or orange bell peppers sliced into thin strips

1 yellow summer squash sliced

1 medium head broccoli chopped into bite size pieces

3-4 cups fresh spinach

2, 15 ounce cans fire roasted diced tomatoes (such as Muir Glen Organic)

½ cup Kalamata olives finely chopped

2 T Balsamic vinegar

2 teaspoons tamari soy sauce

1 package vegan Italian Sausage (Field Roast or Tofurky brand) cut into half-moon shapes

Cook pasta according to directions. Drain well and set aside. In a large skillet heat 1 T olive oil, add the minced garlic, red onion, bell peppers, summer squash and broccoli. Stir often and cook until vegetables are bright colored and tender (about 10 minutes).

A few minutes before veggies are done, add spinach leaves and cook until wilted.

Stir in the fire roasted tomatoes, Kalamata olives, Balsamic vinegar and soy sauce. Stir well and then add vegan sausage.

Toss in penne and heat all ingredients. Serve hot. If desired, add red pepper flakes and freshly ground black pepper.

Garnish with fresh parsley.

Pasta/Pizza