

# Main Course

## Angel Hair with Veggies

*\*Vegan*

This is an easy and versatile dish to make. The base is essentially veggies of choice and olive oil. From there you can jazz it up in a variety of different ways.

### You'll Need

- 8 ounces raw angel hair pasta (will yield 4 cups cooked)
- 1/3 cup olive oil
- 1 cup tomato, chopped
- 1/2 small onion, chopped
- 3 1/2 cups steamed broccoli-stems and florets, chopped
- 1/2 cup whole olives of choice (or cut in half)
- 3 cloves garlic, minced
- 1/2 teaspoon salt
- 1 Tablespoon fresh basil (finely chopped) or 1 teaspoon dried
- Fresh ground pepper to taste
- Freshly grated Parmesan cheese (or other cheese of choice) to top



### Directions

- Steam broccoli.
- Bring 8 cups of water to a rapid boil. Cook pasta in boiling water. Once pasta is cooked and drained add all other ingredients.
- Serve warm or cold.

### Play with your Food!

- Switch up the vegetables.
- Choose to use whole wheat angel hair pasta.
- Add some pine nuts for extra protein and omega three fatty acids.
- Leave out the cheese and serve it as a vegan dish.

Medwell Kitchen Tested