

Veggie Bowtie Pasta



Recipe courtesy of

www.designedonsunshine.com

Veggie Pasta Ingredients:

- 6 oz. (half of a package) Bowtie pasta, cooked
- 2 ears white corn on the cob, steamed and cut off the cob
- 6 medium carrots, cut into bite size pieces and steamed
- 1 yellow or orange pepper, cut (fresh, not steamed)
- 1 medium stalk broccoli, cut and steamed
- 1 cup peas, cooked
- 1 small basket grape tomatoes
- 1 cup loosely packed fresh basil, torn
- 6 oz. soy mozzarella cheese, cubed (substitute dairy or almond cheese if you don't like soy)
- 1 avocado, sliced
- 1 15 oz. can black beans, drained and rinsed
- 1 15 oz. can garbanzo beans, drained and rinsed

After cooking or steaming, let food cool before placing in bowl. I put the avocado, cheese, and pasta in last. The avocado so it doesn't become guacamole; the cheese so it doesn't melt (just in case something hasn't cooled enough); and the pasta because it takes a while to cool.

Chili Lime Dressing Ingredients:

- 1/2 cup extra virgin olive oil
- 1/2 cup low-sodium tamari soy sauce
- 1/2 cup mirin (sweetened japanese rice wine)
- 1/4 cup brown rice vinegar (may substitute white)
- juice from 2 limes
- 1 teaspoon granulated onion
- 1 teaspoon garlic powder
- 1 teaspoon chili powder

Place all dressing ingredients in a bowl and stir together. Pour approximately 1/2 - 3/4 of the dressing over the veggie pasta and mix. Prior to serving, cover and let marinate for approximately 30 minutes either in the fridge or out on the counter (I prefer out as pasta hardens a bit from the cold fridge). Reserve the rest of the dressing to place on pasta if you feel it needs it. I usually put 1-2 spoonfuls over my dish.

As I said before, this really is a dish you can play with by adding to, taking away from, or reducing measurements. At times, it's become one of those dishes where I look in the fridge and ask, "What can I throw together tonight with the five things I've got in the house." It's definitely saved me a few times!