

# CREAMY ONE POT PASTA DINNER

## INGREDIENTS

8 oz. dry whole wheat rotini pasta  
6 oz. Broccoli, trimmed, halved, sliced 1 ½ in  
1 cup low-sodium vegetable broth  
8 oz fresh cremini mushrooms, quartered  
1 medium zucchini, quarter slices  
1 medium yellow squash, sliced in quarters  
¾ cup sliced red bell pepper  
½ cup chopped onion  
3 cloves garlic, minced  
¼ cup cashew butter or tahini  
3 tablespoons nutritional yeast  
1 tablespoons lemon juice  
2 teaspoons Dijon mustard  
sea salt, fresh black pepper to taste

## DIRECTIONS

1. In a large pot cook pasta according to package directions; reserve 1½ cups pasta cooking water. Drain; set rotini aside.
  2. In the same pot, cook Broccoli with ¼ cup of the vegetable broth over medium-high about 3 minutes. Add the next six ingredients (through garlic); cook 5 minutes more or until just crisp-tender, stirring frequently. Remove from heat; add rotini and toss.
  3. In a bowl whisk together the remaining ¾ cup broth and the next four ingredients (through mustard). Add to pasta mixture in pot; toss to combine. Add reserved pasta cooking water a little at a time until creamy. Return to heat to heat through. Season with salt and black pepper.
- Tip: Save a little water from cooking the pasta—the starch in it adds extra creaminess to the finished sauce. To make it gluten-free, substitute gluten-free pasta such as lentil, brown rice, or chickpea pasta.

