

# Recipes **From the Blue Zones® Kitchen**

## Rainbow Veggie Pasta & Roasted Balsamic Mushrooms

By Shirrell Edey

### Ingredients:

#### Pasta:

- 8 oz Rotini Pasta (uncooked)
- 1 cube vegetable bouillon (optional)
- 1/4 tsp sea salt

#### Veggies:

- 1 cup assorted frozen vegetables
- 1/2 cup zucchini (diced)
- 1/2 cup red bell pepper (diced)
- 1/4 cup vidalia onion (chopped)
- 1 tbsp fresh basil (chopped)

#### Seasonings/Sauce:

- 1/4 cup olive oil
- 3 tbsp cilantro paste (optional)
- 2 tsp fresh lime juice
- 2 tsp red wine vinegar
- 1/2 tbsp minced garlic
- 1 tsp dried oregano
- Salt and pepper to taste

#### Roasted Balsamic Mushrooms:

- 1 cup crimini (baby bella) button mushrooms (halved)
- 2 tsp balsamic glaze

### Directions:

- Preheat oven to 350 degrees.
- Cook pasta according to package instructions using salt and bouillon cube (optional). Remove from heat, drain and let cool.
- Prepare the sauce in a bowl: Add cilantro paste, oregano, salt, pepper, garlic, olive oil and lime juice and whisk until well blended.
- Prepare assorted frozen vegetables per package instructions.
- In a sauté pan, add onion and red bell pepper and sauté until onion becomes translucent and bell pepper softens (about 2-3 minutes). Add zucchini and cook for an additional 2 minutes until just warm. Be careful not to overcook zucchini. Add sauce mix, stir and remove from heat.
- In a bowl, add mushrooms and drizzle with balsamic glaze. Toss until mushrooms are coated. Place them on a cookie sheet and bake for 3-5 minutes depending on size.
- While mushrooms are roasting, add pasta to the pan with the sauce and veggie mixture and stir lightly to combine.
- Plate pasta with mushrooms and serve!

