



Great whole grain pasta ideas from www.TryBarillaWholeGrain.com



Barilla® Whole Grain Spaghetti with Fresh Vegetables

Ease of preparation: Easy

Prep time: 40

Cook time: 40

Servings: 4

INGREDIENTS

1 box Barilla Whole Grain Spaghetti
2 tablespoons extra virgin olive oil
1 clove garlic
1 cup white onion , chopped
2 cups zucchini, diced
2 cups yellow squash, diced
1 bunch asparagus, coarsely chopped
1 cup yellow bell pepper, julienne
3 cups cherry tomato, halved
to taste salt
to taste black pepper, freshly ground
4 leaves fresh basil, torn

DIRECTIONS

BRING a large pot of water to a boil.

HEAT olive oil in a large skillet. Using the side of a knife, gently press garlic and peel.

ADD garlic to the skillet and sauté until slightly brown, about 1 minute.

ADD onion and sauté for 5 minutes, until translucent.

ADD bell pepper, zucchini, yellow squash and asparagus and sauté until heated but not completely cooked.

ADD tomatoes, season with salt and pepper; sauté for 2 additional minutes. Remove garlic clove and discard.

COOK Whole Grain Spaghetti according to the package directions.

DRAIN pasta and add to the skillet. Toss with vegetables and add fresh basil before serving.