



Pasta and Vegetables with White Sauce



Preparation time: 10 minutes | Cooking time: 30 minutes

Number of servings (yield): 8

Ingredients

- 1 pound whole wheat rotini pasta (or gluten-free pasta)
- 1 1/2 cup cooked chickpeas (or 1 can, rinsed and drained)
- 1 head broccoli (about 1 pound), cut into small florets and stems reserved for another use
- 1 head cauliflower (about 1 pound), cut into florets

Use any vegetables you like instead of the broccoli and cauliflower

- 2 cups plain unsweetened soy milk (or other non-dairy milk)
- 6 cloves garlic, peeled and pressed
- 1 tablespoon dried basil
- 2 teaspoons dried oregano
- 1/2 teaspoon red pepper flakes (or to taste)
- Generous grating of black pepper
- 5 tablespoons nutritional yeast
- 2 teaspoons cornstarch or potato starch
- 1 1/2 teaspoons salt or salt-free seasoning (or to taste)

Nutritional Information Amount per serving

374 calories, 36 calories from fat, 4.3g total fat, 0mg cholesterol, 115.5mg sodium (without salt), 935mg potassium, 71.5g carbohydrates, 15.9g fiber, 8.2g sugar, 19.9g protein, 11.2 points.

Directions

1. Bring a large pot of water to a boil, and cook the pasta according to instructions on package. About a minute before it's done, add the chickpeas and cook briefly to heat them through. When the pasta is al dente, scoop out and set aside a cup of the cooking water. Then drain the pasta well and return to the pot or a large serving bowl.
2. While the pasta is cooking, steam the vegetables until just tender. Add them to the pasta.

Elizabeth M. Madison, MA, CRC
Registered Dietitian
Certified Nutrition & Wellness Coach
emadisonrd@gmail.com
718-598-0617



3. While the pasta and the vegetables are cooking, make the sauce: combine in a medium saucepan the soymilk, garlic, herbs, and pepper. Bring to a simmer over medium-high heat, reduce heat to low, and cook, stirring frequently, for about 3 minutes or until pasta is done.
4. Add 1/2 cup of the pasta cooking water and the nutritional yeast. Stir the starch into 1/4 cup of cool water and add it to the sauce, stirring well. Increase heat and cook until the sauce boils and thickens slightly. Check seasonings and add salt to taste.
5. Pour the sauce over the pasta and vegetables and stir gently to coat. If the pasta needs more moisture, add a little of the reserved pasta water. Sprinkle with extra red pepper flakes if desired and serve immediately.

Notes

1. The pasta absorbs the sauce as it sits, so keep the reserved pasta water to add moisture when reheating leftovers.
2. To make this recipe even easier, use two 12-16 ounce packages of frozen vegetables, e.g. California or Italian blend. Use extra water when cooking the pasta and add the vegetables to the pasta water about 4 minutes before the pasta is due to be ready (according to package directions). After the water returns to a boil, cook the pasta and vegetables about 4 more minutes or until pasta is al dente, adding the chickpeas near the end. Drain well and proceed with Step 3.
3. Make a zestier version by stirring in some kalamata olives, sun-dried tomatoes, toasted pine nuts, or roasted red peppers when you add the sauce.