



Grilled Vegetable and Hot Pasta Bowl

PREP 10 min COOK 15 min SERVES 4-6

- 1/2 batch grilled mushrooms and peppers, thawed (from Sunday prep)
- 1/2 500 g pkg Longo's Signature Artisan Short Pasta
- 2 tbsp Longo's Extra Virgin Olive Oil
- 2 2 tomatoes, chopped
- 3 cloves garlic, minced
- 1/4 tsp Longo's Chili Flakes
- 1 batch grilled corn kernels, thawed (from Sunday prep)
- 1 can (540 g) Longo's Chickpeas, drained and rinsed
- 1/4 cup chopped Longo's Fresh Basil
- 3 tbsp Longo's Fresh Basil Pesto Sauce
- 1/4 cup grated Parmesan cheese (optional)

CHOP mushrooms and peppers; set aside.

COOK pasta in boiling salted water for about 9 minutes or until tender but firm. Reserving 1/2 cup of pasta water, drain and keep warm.

HEAT oil in large deep skillet over medium heat and cook tomatoes, garlic and chilies for 4 minutes. Stir in mushrooms, peppers, corn and chickpeas; bring to a boil.

STIR in cooked pasta, reserved cooking water, basil and pesto until coated well. Sprinkle with cheese, if desired.

PER serving (1/4 recipe): 710 calories; 23 g protein; 31 g fat; 89 g carbohydrate; 11 g fibre; 8 g sugars; 460 mg sodium.

TIP: If you don't have any pesto, increase the basil to 1/2 cup and stir in the Parmesan cheese.



As seen in Longo's experience magazine.
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