Back to Basics

Cook time: 20 min.  Prep time: 20 min.  Yield: 5

Ingredients:
✓ 5 cups penne pasta
✓ 2 carrots
✓ 1 ½ bell peppers, any color
✓ 2 summer squash
✓ ½ head of broccoli
✓ 2 ½ cups marinara sauce or 5 Tbs. olive oil
✓ Salt and pepper to taste

Procedures:
Pasta
1. Add pasta to a microwave-safe dish, cover with water so the pasta is fully immersed, cover with Saran wrap, and place it in the microwave on top of a plate (in case pasta boils over).
2. Microwave pasta for 7 min.
3. Stir the pasta, re-cover, and microwave for another 7 min.
4. Strain pasta and set aside.

Vegetables
1. Rinse all vegetables under cold water.
5. Peel/chop the carrots, bell peppers, squash, and broccoli and put them in a microwave-safe dish.
6. Pour water into dish until it coats the bottom and then cover dish with Saran wrap.
7. Microwave vegetables for 5-6 min. or until soft/tender to your preference.
8. Strain the vegetables and place them on top of the pasta.
9. Add either olive oil, salt, and pepper or marinara.