

Healthy Creamy Pasta with Vegetables



Servings: 1



Preparation Time:
30 minutes (plus
marinating time)



Cooking Time:
45-50 minutes



Gluten-free



Vegetarian



High-protein



High-fiber



Dairy-free



Low-carb



Cheap

INGREDIENTS:

- 1 cup cooked whole wheat pasta
- 1 tsp olive oil
- 1 tsp chopped garlic
- 2 tbsp sliced onion
- 1/4 cup bell peppers, sliced
- 1/4 cup broccoli
- 1/2 cup cooking cream
- 2 tbsp cottage cheese
- 1/4 tsp black pepper
- 1/2 tsp mixed Italian herbs
- Salt to taste

PROCEDURE:

1. Boil the whole wheat pasta in lightly salted water according to the package instructions. Drain and set aside.
2. Heat the olive oil in a pan and sauté the garlic and onion.
3. Add the bell peppers and broccoli. Cook for about 3–4 minutes.
4. Lower the heat and add the cooking cream and cottage cheese. Stir until the sauce becomes smooth and creamy.
5. Add the cooked pasta, black pepper, mixed herbs, and salt to taste. Mix well until the pasta is evenly coated with the sauce.
6. Cook for another 1–2 minutes over low heat and serve hot.