

CHEESY VEGETABLE PASTA- ITALIAN RECIPES



This creamy and delicious pasta dish is really rich in taste and very filling. This fabulous dish is made with 2 different cheese, milk, vegetables, onion and garlic. Italian seasonings and pepper adds extra kick to the creamy pasta.

Ingredients

- **1 Cup of Cooked Penne Pasta**
- **1 Medium size Onion**
- **1 Finely Chopped Garlic (Big)**
- **1/2 Cup of Brocoli Florets**
- **1/2 Cup of Mushroom**
- **1 Cherry Tomato (Opt)**
- **1/2 Cup of Milk**
- **1/4 – 1/2 Cup of Grated Sharp cheddar cheese**
- **1 Tsp of Butter or Olive Oil**

- **1/2 Tsp of Red Chilly Flakes**
- **1 Tsp of Italian Seasoning**
- **Salt and pepper to taste**
- **Parmesan Cheese to garnish**

Method

- **Bring 2 – 3 Cups of water to a rolling boil, add salt to taste.**
- **Add Penne pasta to water and stir gently.**
- **To get authentic pasta taste, boil uncovered for 10- 12 mins and stir occasionally. once it done, just drain the water and keep it aside.**



- **In a large skillet, heat olive oil or butter, add red chili flakes, chopped garlic and onion, saute until slightly yellow in color about 1-2 mins.**
- **Add chopped tomato, broccoli and mushroom , cook for a 1-2 mins. Season with Italian seasoning, salt and pepper.**
- **Add pasta to the skillet and add milk, cook for 1-2 mins. Finally add cheddar cheese, toss well. Switch off the stove.**
- **Top pasta with Parmesan cheese and serve immediately.**

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Tips

- You can follow the same recipe by using any pasta.
- Use mozzarella cheese, instead of cheddar cheese.
- Use capsicum and carrot to this recipe.

Health Benefits of Pasta

- Try to use whole wheat or multi-grain pasta as it was rich in nutritional benefits like protein, vitamins, fiber and ALA omega-3.
- Cheese are great source of protein and calcium. Also contains nutrients like zinc and biotin.

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