

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's 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.



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.

CHEESY VEGETABLE PASTA



Basil Pesto Pasta with Broccoli and Mushroom

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Pesto is a sauce originated in Liguria region of northern Italy and traditionally consists of crushed garlic, basil and pine nuts blended with olive oil, Parmesan cheese and Fiore Sardo (cheese made from sheep's milk). This simple and flavorful sauce with pasta is a treat to your taste buds and the best way to enjoy basil. Great recipe to pack for lunch box and your kids will love this pasta.

Ingredients

- 2 Handful of Angel Hair Pasta
- 1/2 Cup of Broccoli
- Few Mushroom (I used Baby Portabella)
- 3 Tbsp of Basil Pesto Sauce
- 2 Garlic Cloves
- 1/2 Tsp of Red Chilli Flakes
- Sharp cheddar cheese and Parmesan Cheese to taste

Salt and Pepper to taste
2 Tsp of Olive Oil

Method



- **Bring 3 Cups of water to a rolling boil, add salt to taste.**
- **Add angel hair 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, add red chilli flakes, chopped garlic and saute until slightly yellow in color about 1-2 mins.**
- **Add chopped broccoli and mushroom , cook for a 1-2 mins. Season with salt and pepper.**

- Add pasta to the skillet and add basil pesto sauce, toss well. Switch off the stove.
- Top pasta with sharp cheddar cheese, green olives and Parmesan cheese and serve immediately.



Tips

- Adding cheddar cheese and green olives are optional. I used because I love Cheddar, parmesan and pasta combination.
- You can follow the same recipe by using any pasta.
- Use less oil, as basil pesto sauce itself has more oil in it.

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.

- Adding green olives prevents heart diseases and cancer.
- Cheese are great source of protein and calcium. Also contains nutrients like zinc and biotin.



Elbow Pasta with Broccoli, Roma Tomatoes and Green Olives



Elbows in Italian is named for its twisted tubular shape. Elbows are perfect for the American macaroni and cheese and pasta salad. This is one of my favorite weekend breakfast

recipe. It is very easy to make and healthy recipe even a beginner can do without cooking knowledge. Great recipe to pack for lunch box. I bet your kids will love this pasta.

Ingredients

1 and 1/4 Cup of Elbow Pasta
2 Finely Chopped Garlic
1 Finely Chopped Roma Tomato
1/2 Cup of Chopped Broccoli
1/2 Tsp of Red Chilli Flakes
1 and 1/2 Tbsp of Olive Oil
Few Green Olives
2 Tbsp of Parmesan Cheese(opt)
1 Tbsp of Sharp Cheddar Cheese
Dash of salt and pepper
3-4 Cups of Water

Method



Ingredients

- Bring 3-4 Cups of water to a rolling boil, add salt to taste.
- Add elbow 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, add red chilli flakes, chopped garlic and saute until slightly yellow in color about 1-2 mins.
- Add chopped broccoli and tomato, cook for a 1-2 mins. Season with salt and pepper.
- Add pasta to the skillet and add Parmesan cheese, toss well. Switch off the stove.
- Top with sharp cheddar cheese, green olives and serve immediately.



Tips

- Adding Parmesan cheese and green olives are optional. I used because I love Parmesan, green olives and pasta combination.

- You can follow the same recipe by using any pasta.



Health Benefits of Elbow 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.
- Adding green olives prevents heart diseases and cancer.

