

Summertime (or any time) Chop-Chop Pasta

This is a great way to load up on good-for-you veggies, in a pasta sauce the whole family will love...use any veggies you like... we've suggested some of our favorites. When served with whole-wheat pasta, you have a supercharged, healthy meal that tastes great too!!



- 2 tablespoons extra virgin olive oil
- 5 cloves garlic – finely chopped
- ½ sweet onion – finely chopped
- 1 sweet bell pepper – finely chopped (red, yellow or orange)
- 1 small zucchini – finely chopped
- 1 carrot – finely chopped
- 2 tablespoons tomato paste
- 1 cup fresh spinach – finely chopped
- 2 28-ounce cans whole, peeled San Marzano (Italian) tomatoes
- 2 teaspoons dried thyme
- 2 tablespoons dried basil
- 2 tablespoons dried oregano
- 1 teaspoon anchovy paste – optional
- salt and pepper – to taste
- 2 1-pound packages of whole wheat pasta – cooked per package instructions (reserve ½ cup of the cooking liquid)

Finely chop all vegetables and set aside. Place canned tomatoes (undrained) in a bowl and crush with hands.

Heat olive oil in a large saucepan. Add garlic, sweet onion and bell pepper. Sauté over medium-high heat for approximately 5 minutes, or until onion and pepper are soft.

Add carrot, zucchini and sauté for an additional 5 minutes until carrots are soft. Stir in tomato paste and cook 2 minutes. Add spinach and sauté until wilted.

Add crushed tomatoes, herbs, anchovy paste, salt and pepper. Simmer for 20-30 minutes over low heat, stirring occasionally.

Before serving, add ½ cup of the pasta water and simmer for 5 minutes.

To serve, toss with cooked, drained pasta and top with grated Parmesan cheese.

With a spring-loaded chopper, this is a great meal to get the kids involved in helping prepare. At a minimum, let them get involved by crushing the tomatoes with their hands!!