

Fusilli with Squash & Tomatoes – Vegan – SOS

Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes

Serving Size: 6
Calories per serving: 263
Fat per serving: 1 gram

Ingredients

- 1 (12-ounce) package corkscrew pasta
- 3 tablespoons vegetable broth, Trader Joe's Low Sodium
- 1 yellow onion, sliced
- 1 pound yellow summer squash, cut into 1/4-inch slices
- 1 1/2 cups cherry tomatoes, halved
- 1 tablespoon fresh thyme, chopped
- 1/3 teaspoon black pepper
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Instructions

1. Cook pasta according to package direction, drain and set aside.
2. Heat vegetable broth in a large skillet over medium-high heat. Add onion, stir and cook until lightly brown, about 5 minutes.
3. Add the squash, thyme, and pepper. Keep stirring, until squash release most of its liquid and starting to brown, about 8-10 minutes.
4. Add tomatoes and cook for another 5 minutes, then remove from heat.
5. Combine cooked pasta with the vegetables, mix well and serve.

Notes

Nutrition facts (per serving): Calories: 263, from fat: 11, total fat: 1g, cholesterol: 0mg, sodium: 8mg, total carbohydrate: 45g, fiber: 6g, sugar: 4g, protein: 6g.