

CREAMY

Pasta Primavera

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 64 oz.

8 (8oz.) Servings

Ingredients	Qty	Measure
Penne pasta	1	pound
Water	4	cups
Salt	1	Tsp.
Oil	¼	cup
Zucchini (julienned)	1	cup
Yellow squash (julienned)	1	cup
Red pepper (sliced thin)	1	cup
Fresh asparagus (small cut)	1	cup
Vegan cream cheese	6	Oz.
Zesty Italian dressing	½	cup
Vegetable broth (as needed for creaminess)	1	cup
Vegan mozzarella cheese	2	cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Cook pasta with water and salt when done drain and set aside
2. Saute zucchini, yellow squash, red peppers and asparagus in oil just until tender
3. Stir in vegan cream cheese and dressing
4. Mix with pasta. If too dry pour in vegetable broth a little at a time until you reach a smooth consistency.
5. Add mozzarella and bake until heated through

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

8 oz. serving with 1 piece of focaccia bread and 4 oz. green salad

Nutrition Information

 *From USDA Nutrient Database

Calories: 290 Total Fat: 11g Saturated Fat: 2g Carbohydrate: 37g Protein: 11g Sodium: 750mg
Vitamin A: 23.4% Vitamin C: 60% Calcium: 7.1% Iron: 4.7% Folic Acid: 14.6%