



## Pasta & Sweet Peas

strong bodies **healthy minds**

Sweet peas make this spring recipe a favorite at Healthbarn USA! We start by opening the peapods and gathering all of these green nutritious vegetables! Not only do the vegetables and cheese in this recipe give us an energy boost, but the Barilla Plus multigrain pasta provides added fiber, protein, and omega 3 fatty acids! It's a "sweet" recipe all around that the whole family will enjoy!

### Ingredients:

- 14.5 ounces (1 box) Barilla Plus pasta
- 2 Tablespoons, extra virgin olive oil, first cold pressed
- 1 garlic clove, minced
- 1 large Spanish onion, sliced thin
- 2 large tomatoes, cut in small cubes
- ¼ teaspoon of fresh herbs, chopped
- 1/8 teaspoon sea salt
- 1/8 teaspoon ground black pepper
- 1 cup fresh peas, shelled
- 1/3 lb. fresh mozzarella cheese, shredded
- 1/8 teaspoon shredded pecorino Romano to taste

### Directions:

1. In large saucepan, boil water and add Barilla Plus pasta; cook for 10 minutes. Drain pasta and set aside.
2. Heat a large non-stick skillet, add 2 tablespoons of olive oil and sauté garlic; let cook for 1-2 minutes.
3. Add onions and sauté until soft and translucent, approximately 10-15 minutes.
4. Add oregano, tomatoes, sea salt, pepper, and ¼ cup of water and let cook for 10-15 minutes, uncovered (until the tomatoes get very soft).
5. Stir in Barilla Plus *cooked* pasta with peas and let simmer for 10-15 minutes.
6. Serve a portion of pasta in colorful bowls and top each serving with shredded mozzarella and pecorino Romano.

Makes approximately 8 servings (1 cup serving)

**Nutrition Facts per serving:** 310 calories; 10g fat (3g sat fat, 3g mono, 1g poly, 0g trans fats); 15mg cholesterol; 43g carbohydrate (6g fiber, 6g sugar); 14g protein; 115mg sodium; 15% Daily Value (DV) vitamin A; 25% DV vitamin C; 15% DV calcium; 20% DV iron.