

RECIPE | PEPPERS



VEGAN VEGETABLE PRIMAVERA

Recipe by Laurel of Darn Good Veggies.

8 oz Pure Flavor® Aurora Bites Mini Sweet Peppers

1 pint Pure Flavor® Sangria Medley Tomatoes

10 oz pasta noodles

3 cloves garlic, sliced

1/4 cup fresh basil, chopped

1/4 cup fresh parsley, chopped

Zest and juice from one lemon

3/4 tsp salt

4 tbsp olive oil, divided

Optional: pinch of red pepper flakes

DIRECTIONS

- 1. Bring a pot of water to a boil and season the water with salt. Boil the pasta until al dente. Drain and set aside.
- 2. Heat two tbsp. of olive oil in a large skillet over medium heat. Add in the mini sweet peppers, garlic, red pepper flakes and salt.
- 3. Sauté until the peppers begin to soften and then add tomatoes. Cook until some of the tomatoes burst.
- 4. Remove the skillet from heat and add the pasta, lemon juice, remaining olive oil and herbs.

