

## Whole Wheat Pasta with Zucchini, Mushrooms, and Basil

From The New American Plate Cookbook



1 small yellow bell pepper, seeded and julienned  
½ medium orange bell pepper, seeded and julienned  
1 medium zucchini, julienned  
1 medium carrot, peeled and julienned  
½ cup finely chopped fresh basil, loosely packed  
1 garlic clove, minced  
1 teaspoon orange zest  
1 tablespoon balsamic vinegar  
1½ tablespoons canola oil  
½ teaspoon salt, or to taste  
Pinch of cayenne  
12 ounces whole wheat linguine  
2 large Portobello mushrooms, cleaned  
½ cup chopped flat leaf parsley, loosely packed, for garnish

Put the bell peppers, zucchini, and carrot in a medium bowl. Add the basil, garlic, orange zest, vinegar, oil, salt, and cayenne. Toss the ingredients well to combine. Set aside the mixture to marinate.

Cook the pasta according to the package instructions. Meanwhile, prepare the mushrooms. Remove stems and discard or save for later use. Cut the edges off each mushroom to make squares. Discard edges or save for later use. Halve each square. Slice away the brown undersides, including the gills, and discard. Then slice the mushrooms into long, thin strips and add them to the bowl with the marinated vegetables. Toss well, until the mushrooms are moist and start to soften.

Drain the pasta and divide it among 6 shallow bowls or plates. Top each serving with a quarter of the vegetables. Spoon the marinating liquid over the vegetables. Garnish with the parsley and serve.

Makes 6 servings.

Per serving:

255 Calories

4g Total Fat (less than 1g Saturated Fat)

48g Carbohydrates

10g Protein

9g Dietary Fiber

208mg Sodium