

# HEALTHY RECIPES

from Bridget Wood, RD, LD, CDCES



## PLANT-BASED MEAT SAUCE & ROTINI

### INGREDIENTS

- 1 container of mushrooms, cleaned
- 1 medium onion
- 1 cup soaked or boiled walnuts (this helps to ensure that they are soft)
- 5-6 cloves of garlic
- 1 jar 24 oz tomato sauce (can be already prepared)
- Seasonings of your choice (onion powder, garlic powder, salt to taste if not using store bought; Italian seasonings, such as rosemary, basil, or oregano would be great options as well)
- 1 box of high protein and fiber pasta (such as chickpea, black bean, mung bean, lentil, etc.)

### STEPS

1. Chop mushrooms, softened walnuts, garlic and onions until crumbly and resembling meat. If you have a chopper or food processor, you may use this.
2. Add olive oil and chopped ingredients to the skillet. Saute until softened, but avoid cooking until mushy. About 5 min.
3. Add tomato sauce, desired seasonings and simmer for 10-15 minutes.
4. While the sauce is simmering, you can prepare your pasta per the instructions on the package.
5. Top pasta with sauce and garnish with your desired toppings. Cheese or nutritional yeast for a vegan option would be great!
6. Enjoy!