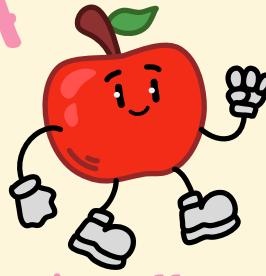


SUMMER NOURISH PASTA BOWL



Don't forget to add your choice of protein for muscle maintenance and satiety

Ingredients

- 4 CHOPPED ROMA TOMATOES
- 5 BASIL LEAVES OR 3 TSP OF DRIED BASIL SEASONING
- 1 ½ TSP OF MINCED GARLIC OR TWO CLOVES
- 3 TBSP OLIVE OIL
- 3 TBSP PARMESAN
- 3 CUPS COOKED PASTA
- GET CREATIVE WITH YOUR PROTEIN: YOU CAN DO CHICKEN, SAUSAGE, LENTILS, BEANS, OR CHICKPEAS
- **TIP:** USE WHOLE WHEAT PASTA TO INCREASE YOUR FIBER/GRAINS

This recipe offers a couple of NOURISH steps you can take



PREP TIME
5 MIN



COOK TIME
20 MIN



SERVINGS
2-4
SERVINGS

Instructions

1. Grab a pot of water to bring to a boil
2. Dice the 4 Roma tomatoes
3. Thinly slice the basil
4. Add the basil and tomatoes to a large kitchen bowl.
5. Add the olive oil to the bowl
6. Add minced garlic to the bowl
7. **OPTIONAL:** I added 2 tsp of oregano
8. Mix everything together until well combined
9. The pasta should be ready to throw into the water (read the box for instructions)
10. Once the pasta is ready, add it to your bowl
11. Add parmesan cheese to your bowl
12. **At this point, you can add your choice of protein**
13. Stir all ingredients together until well combined
14. Enjoy!

Adding more herbs to your recipes can add lots of flavors without too much salt, which can help us be sodium aware

Notes:

- Storage: Store in an airtight container in the fridge for up to 5 days