

Recipes
from the

VEGGIE MOBILE®
Produce Aisle On Wheels

Mushroom & Broccoli Pasta

Ingredients:

- 1 crown of broccoli
- 1 package mushrooms
- 1 red onion
- 2 garlic cloves
- 1 lb. whole wheat pasta
- 3 tablespoon olive oil
- Salt and pepper to taste

Directions:

1. Slice mushrooms.
2. Chop broccoli, onion, garlic.
3. Saute the onions, garlic in extra virgin olive oil. Add the broccoli and mushrooms, season with salt and pepper.
4. Boil whole wheat pasta.
5. Strain pasta when cooked.
6. Combine ingredients with cooked whole wheat pasta.
7. Enjoy!



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Who knew?

Mushrooms are one of the few
vegetables that contain Vitamin D!

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