

# Today's Meal

## Surprise Linguine

Asparagus, Petite peas, Red Bell Peppers, Mushroom and Linguine Pasta in red sauce.



## Ingredients:

- 1 Package of Sliced Portobello Mushrooms
- 1 Red Bell Pepper - Chopped
- 1 Bag of frozen or fresh petite peas
- 1 White Onion - Chopped
- 1 Box Whole Wheat Linguine Noodles
- 1 can of Asparagus
- 1 Jar of Portobello Mushroom Spaghetti Sauce
- Nutritional Yeast

## Directions:

### **Step One:**

Bring water to a boil, add the pasta and stir for 30 seconds. Cook about 10 mins and drain.

### **Step Two:**

In a pan add chopped onion, sliced mushrooms and bell peppers. Cook on medium heat till tender.

At the same time in a pot add peas with 1/2 cup of water. Boil till soft and then strain. Do the same with the asparagus in another pot.

### **Step Three:**

Combine all ingredients together and Stir!  
Add Johnny's Seasonal Salt to taste.

Serve with a tablespoon of Nutritional Yeast sprinkled on top. :)