



Adventist<sup>®</sup>  
**HealthyYOU**  
JOY OF EATING

<https://nadhealth.org>



## Garlic Spinach Pasta

By Eric Adams

### Ingredients

- Olive oil
- ½ cup your favorite veggie burger
- 1 onion
- 1 bell pepper – 1/2 green, 1/2 yellow
- 4-6 cloves garlic, minced
- 2-3 cups fresh spinach
- 2 teaspoons Italian Seasoning
- ½ cup chopped, fresh basil
- 1 teaspoon oregano
- ½ cup non-dairy mozzarella cheese
- ½ cup green onion, sliced
- 1 box whole grain spaghetti, boiled and drained
- Non-dairy Parmesan cheese
- Season to taste with McKay's or other Vegan Chicken Bouillon and Nutritional Yeast Flakes.

### Instructions

1. Brown veggie burger in a small amount of olive oil.
2. Add onions, bell pepper and garlic and sauté for 3-5 minutes.
3. Add spinach and steam till wilted.
4. Stir in pasta, green onions, basil and seasonings.
5. Adjust to taste.
6. Top with vegan Parmesan Cheese.