

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Quick Veggie Pasta



1 small zucchini

1/2 red onion

4 large button mushrooms

1 orange pepper

2 cloves of garlic, coarsely chopped

1 jar of your favorite spaghetti sauce

Almond or soy milk

Cayenne pepper

1 lb of whole wheat pasta

While pasta is cooking, wash and chop vegetables to uniform size. Saute vegetables in a little olive oil over med-high heat for 4-5 mins. Add the jar of sauce and a little milk to make it creamy. Add cayenne to reach desired heat and warm through. Serve over pasta.