

Recipe

Creamy Tom-Mayo Pasta

By

Dipti Naik



Ingredients

- Elbow pasta -1 1/2 cup
- Diced tomato -1 medium
- Diced green bell pepper -1 medium
- Chopped celery -1/3 cup
- Sliced black olives -1/3 cup
- Chopped spinach -1 cup
- Peas -1/3 cup
- Corn -1/3 cup
- Chopped fresh parsley, rosemary -1/4 cup
- Thyme, oregano -1/2 tsp
- Salt and pepper to taste

- Natural mozzarella cheese -½ C

Tomato Mayonnaise sauce:

- Marinara or pasta sauce -1/2 cup
- Eggless mayonnaise -3 tblspn I use Vegannaise available in natural food store
- Salt -1/4 teaspoon

Preparation

1. Cook pasta to desired doneness as directed on package. Drain; rinse with cold water to cool.
2. Stir fry all veggies in olive oil. Season with herbs (I use rosemary, thyme, parsley and oregano). Add salt and pepper to taste.
3. In small bowl, combine all tomato mayonnaise ingredients; blend with wire whisk until well blended.
4. Combine the pasta, veggies and mayonnaise in a baking bowl. Top with mozzarella cheese.
5. Bake at 375 F for 15-25 mins till cheese melts.
6. For a healthier option omit the cheese and njo as pasta salad

Serves

3-4

For further details please contact

diptinaik108@gmail.com

www.iskcondesiretree.com

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