Pasta Delight

by Anand Lila devi dasi



Cooking & offering bhoga with love & devotion is also samadhi."

Ingredients	Uncooked pasta shells	
	Asafetida powder	•
	Italian seasonings	
	Dried oregano	
	Dried basil	½ Tsp
	Dried celery stalks	1 Tsp
	(or fresh celery stalk1)	
	Zucchini chopped in small cubes	1

Bell pepper chopped1 Carrot shredded1	С
Broccoli florets ¹ / ₂	С
Black pepper ¹ / ₂	
Salt1 T	sp
Tomato chopped1	
Cream cheese1 T	bsp
Sour cream1 T	sp

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Preparation

- 1) Cook the pasta shells in water according to the directions. Drain the pasta and keep aside.
- 2) Heat oil in a pan; add asafetida powder, all the dried herbs and sauté for 30 seconds. Add zucchini, bell pepper, carrot, broccoli and stir fry until they are tender-crisp. Add the black pepper and salt. Turn off the heat source and fold in the tomatoes and cooked pasta.
- 3) Combine the cream cheese and sour cream until smooth; add to the pasta and mix well.

Serves: Four-Five

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