Farfalle with Zucchini, Mushrooms, and Cherry Tomatoes

By Kathleen Henry @ Produce On Parade

Serves 4

I love quick and easy dinners and this veggie packed, healthy pasta dish is a wonderful weeknight meal. Another great thing: it's a terrific way to get a variety of nutritious vegetables into those picky eaters. My toddler actually picked out the zucchini to eat! I know your family will love this Farfalle with Zucchini, Mushrooms, and Cherry Tomatoes as much as we do.

Ingredients

- 8 oz bowtie (farfalle) or penne pasta, uncooked
- 2 tbsp vegan butter (optional)
- 3 garlic cloves, minced
- 2 medium zucchini, thinly sliced
- ½ pound fresh cremini mushrooms, sliced
- ½ pint fresh cherry tomatoes, halved lengthwise
- 1 tsp seasoning salt or table salt
- ½ tsp dried thyme
- dash of white pepper (black pepper will work in a pinch)
- 2 green onions, chopped
- ½ cup canned coconut milk (you can use any non-dairy milk but it won't be as creamy)
- 1 heaping tbsp tapioca starch or cornstarch

Instructions

1. Bring a large pot of water to boil for the pasta. Cook according to package until al dente. Reserve 2-4 tbsp of cooking water and drain. Set aside.
2. In a large rimmed frying pan, melt the butter over medium heat. Saute the garlic, zucchini, mushrooms, and cherry tomatoes for about 5 minutes until the zucchini is slightly tender. Stir in the salt, thyme, pepper and green onions.
3. In a liquid measuring cup, whisk together the coconut milk and tapioca starch. Add to the vegetables over medium heat; stirring continuously for about 1-2 minutes, until it's thickened into a sauce and coats the vegetables.
4. Stir in the reserved 2-4 tbsp cooking water, until the sauce reaches your desired thickness then add in the pasta. Stir well to combine and serve hot.

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