



Spaghetti, Mushrooms, Corn, and Greens Dish

One large cooking pot for spaghetti.

One large for vegetables.

Package of Delallo Organic Whole Wheat Pasta or any

spaghetti you desire, cooked to package directions.

1-8 oz. package of Baby Bella mushrooms

One large Vidalia Onion, diced

1 Tablespoon of Extra Virgin Olive Oil

1-15 oz. can of No Added Salt Sweet Corn, Drain liquid from can.

Use half bag of Glory Foods Kale Greens

1-15 oz. bag of Broccoli Florets

1-cup 8 oz. of Pacific Organic Vegetable Broth or any vegetable broth you desire.

2-Tablespoons of Bragg's Liquid Amino or Soy Sauce

Spices

Dry measurements (use a ¼ teaspoon of each):

Ms. Dash (any Herb version)

Cayenne pepper (if you like it more hot spicy, put ½ teaspoon)

Curry

Oregano

Basil



In first large pot, Cook spaghetti as directed by package instructions. Place drained spaghetti back inside first large pot, add the pasta sauce, on low to medium heat, and simmer for 5 to 10 minutes, stirring occasionally.

In second large pot, over medium to high heat, place Extra Virgin Olive Oil and onions and cook them until lucent, shiny. Add the mushrooms and cook for 3 minutes. Pour in vegetable broth, and greens (Broccoli and Kale) and spices (in this order), stir spices greens and vegetables to combine, and place lid on tilt if you do not have a lid with holes for steaming, and steam/cook for 5 minutes. Put in Bragg's Liquid Aminos, and turn heat low to medium. Pour in the drained can corn, stir, and simmer for 5 minutes.

On plate, arrange greens and corn mixture in circle around the edge of plate with open space in middle, and place cooked spaghetti with pasta sauce mixture in the center of plate. Enjoy with a fresh green salad.

Second version: I will sometimes pour the pot of cooked greens and corn mixture into the spaghetti with pasta sauce mixture, stir until completely mixed, and on low heat simmer for 5 minutes. Enjoy. Great tasting as leftovers, too.

Third version: Instead of the spaghetti, I will use brown rice or quinoa pasta.

Send comments or questions to veganlivingsimply@yahoo.com