

Cheryl's

# CREAMY HERB VEGETABLE PASTA

A creamy, comforting pasta dish loaded with colorful vegetables, garlic, Parmesan, and garden herbs. A delicious way to enjoy a wholesome, flavorful meal.

SERVES 4-6



## INGREDIENTS:

- 12 oz penne or rotini pasta
- 2 tbsp olive oil
- 1 tbsp butter
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 cup broccoli florets
- 1 cup zucchini, sliced
- 1 cup red bell pepper, sliced
- 1 cup carrots, thinly sliced
- 2 cups fresh spinach
- 1 tsp dried basil
- 1 tsp dried parsley
- ½ tsp dried oregano
- ½ tsp dried thyme
- ½ tsp sea salt, or to taste
- ¼ tsp black pepper
- 1 cup heavy cream
- ¾ cup vegetable broth
- ¾ cup grated Parmesan cheese
- ½ cup shredded mozzarella (optional)
- ¼ tsp red pepper flakes (optional)
- Fresh parsley for garnish



## INSTRUCTIONS:

- 1 Cook pasta according to package directions until al dente. Reserve ½ cup pasta water, then drain.
- 2 Heat olive oil and butter in a large skillet over medium heat.
- 3 Add onion, broccoli, carrots, zucchini, and bell pepper. Cook 5-6 minutes until just tender.
- 4 Stir in garlic and cook 30 seconds until fragrant.
- 5 Add spinach and cook until wilted.
- 6 Pour in vegetable broth and heavy cream. Stir in basil, parsley, oregano, thyme, salt, pepper, and red pepper flakes if using.
- 7 Simmer 2-3 minutes, then add Parmesan and mozzarella. Stir until smooth and creamy.
- 8 Add cooked pasta and toss well to coat. Add a little reserved pasta water if needed.
- 9 Garnish with fresh parsley and extra Parmesan.
- 10 Serve warm.

## OPTIONAL ADD-INS:

Try mushrooms, peas, asparagus, or a squeeze of lemon for even more flavor.

## HERBAL BENEFITS:

Basil and parsley add fresh flavor and antioxidants. Garlic and oregano bring savory depth and natural plant compounds. Spinach provides vitamins and minerals.

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