

Colorful Veggie Pasta

Serves 4-6

3 strips of bacon, preferably thick cut, chopped into small pieces
3 tbsp Olive Oil
1 tbsp butter or margarine
1 small sweet yellow onion, chopped
2 cloves fresh garlic, chopped
2 Carrots unpeeled and diced
1 zucchini or yellow summer squash diced
½ Red Bell Pepper diced
1 cup Broccoli flowers cut small
1 cup Kale chopped
3 tbsp soy sauce
3 tbsp pasta cooking water
½-1/3 cup shredded parmesan cheese
Salt and pepper to taste
1 box whole grain spaghetti cooked to box directions

Bring water to boil for spaghetti, but don't add the spaghetti yet. Turn the heat down under water to keep it hot.

In large sauce pan, cook the bacon and remove from the pan onto a paper towel to drain. Bring pasta water back to a boil and add pasta. Stir pasta occasionally and cook according to box directions. While pasta is cooking, drain off bacon grease and add the olive oil and butter to the pan. Melt butter over medium high heat and add the onion and bell pepper and sauté for 1 minute. Reduce heat to medium, add carrots, zucchini and broccoli, toss and cover with a lid, stirring often till carrots and broccoli are just beginning to get tender. Don't overcook! Remove the lid, add garlic and stir to blend before adding kale. Cook another minute till kale is soft. Add soy sauce and stir to coat veggies with soy sauce. Turn off heat under veggies and drain pasta. Add pasta to the pan with cooking water and stir pasta into veggies to dissolve the "fond" on the bottom of the pan. Toss with parmesan cheese to coat and add salt and pepper to taste. Serve hot with small salad on the side.