

PASTA PRIMAVERA

Ingredients:

- A bunch of spring onions- diced
- 3 ears of corn- kernels shaved
- Can (or frozen) artichoke hearts
- Can of organic fire roasted tomatoes
- 1 Organic rotisserie chicken- meat pulled and shredded
- ½ cup white wine
- ½ cup organic bone broth
- 2 tbsp fresh basil
- Lentil penne pasta
- VioLife Dairy free feta
- 1 tbsp- capers (if you like a salty bite!)
- Olive oil
- Salt and Pepper to taste

Directions:

Bring a large pot of water to a boil. Add pasta and cook.

Meanwhile, in a large pan, heat olive oil. Add onions and cook until translucent. Add corn, artichoke hearts, and fire-roasted tomatoes, and white wine. Bring to a simmer. Add chicken and broth. When heated through (this should come together pretty quickly...Add to drained cooked pasta. Top with capers, basil, dairy-free feta, and salt and pepper to taste.



About:

A few vegetables to highlight in this dish:

Spring onions- I used to enjoy these in my CSA box from Elmwood Farms but can pick up at the Farmers Market or even Whole Foods on a given day. These look like a cross between a green onion and a shallot. They are sweeter and more mellow than a regular onion which is why they are so good in this dish.

Corn- I love using fresh corn in pasta dishes. It offers a little sweetness and bite. I do not cook the corn before adding- simply shave from the cob and toss in (Tip: I also use fresh corn in my summer salads- same deal!).

Artichoke Hearts- For the sake of time, I usually use either canned or frozen artichokes to this dish..they add an incredible Mediterranean look and flavor but pack a ton of prebiotic fiber, folate, and antioxidants.

Dairy-Free Feta- VioLife Dairy-Free Feta is the perfect substitute for anyone who cannot tolerate cow or goat milk. This crumbled on top of the pasta dish adds a rich and creaminess. Its an absolute favorite amongst my clients who have tried it.