

Quick Mediterranean Pasta



Time: 10 minutes

Serves: 2

Ingredients: 4-8 ounces gluten free pasta of your choice
1 tablespoon olive oil or ghee
3 orange or red peppers
6 mushrooms of your choice
6 ounces of tomato sauce in a glass jar
6 ounces unsweetened coconut cream (or to taste)
Fresh parsley

Directions:

1. Bring a pot of water to boil and cook gluten-free pasta according to product directions.
2. While the pasta is cooking, wash and slice 1 or 2 orange peppers into two-inch pieces
3. Clean mushrooms with a rough cloth, paper towel, or brush and slice
4. Sauté the orange peppers and add the mushrooms about 5 minutes before the peppers are limp and beginning to brown.
5. Add tomato sauce, coconut cream, salt and pepper to taste, and sprinkle with fresh parsley before serving.

Note: Unsweetened coconut cream is added to make the sauce less acidic and create a richer pink sauce.