



## Easy Peasy Pasta

By Chef Veera Gaul, Ph.D.



### Ingredients

½ lb Penne pasta  
2 cups sliced peppers (combination of yellow, red, orange, purple)  
1 white, sweet onion, thinly sliced  
2-3 tablespoons O&V [Roasted Garlic grapeseed oil](#)\*  
1 – 1 ½ tablespoons O&V [Tuscan Dipper](#) seasoning mix\*  
½ teaspoon dried chili flakes (more to taste)  
Parsley to garnish  
Grated parmesan cheese (optional)

### Preparation

Boil the pasta according to the package directions till al dente using well salted water.

In a large skillet heat the oil on medium with the chili flakes for a minute.

Add in the onions and sauté a couple minutes till translucent (you don't want the onions to brown, so keep the heat on medium to medium low and keep stirring).

Add the peppers and seasoning blend. Sauté for another 2-4 minutes ensuring that the peppers stay crisp and the onions don't brown. Add in the cooked pasta and toss to mix. Add more oil to ensure that all the pasta and vegetables are well coated. Season with salt and pepper to taste

Serve garnished with parsley and grated parmesan cheese (if using)

### Notes

\*This O&V [Roasted Garlic oil](#) is my favorite to use, as it gives this amazing, garlicky flavor, but feel free to use a plain EVOO and add 3-4 cloves of sliced garlic to the pan with the red chili flakes. Just don't let them burn!

\*I use the O&V [Tuscan dipper](#) seasoning A LOT because of the fabulous flavor it imparts on everything – pasta, chicken, salads, potatoes. Feel free to substitute with your favorite Italian seasoning blend or use a combination of dried oregano, thyme, basil, garlic powder, onion powder and give it a try.

Serves 2-3

Categories: Entrée, Pasta, Vegetarian, Vegan, Dairy-Free, Snacks & Sides, Garlic Oil, Tuscan Dipper