

Angels Cook Book



Healthy Pasta Primavera

2 cups whole grain penne pasta	½ cup shredded carrot
1 tablespoon olive oil	2 cloves garlic, minced
½ cup chopped onion	1 tablespoon chopped fresh oregano
1 pound fresh asparagus, trimmed and cut into 2-inch pieces	½ teaspoon ground black pepper
2 cups sliced mushrooms	¼ teaspoon salt
1 small yellow summer squash, halved lengthwise and sliced	⅛ teaspoon red pepper flakes
2 cups cherry tomatoes, halved	½ cup freshly grated Parmesan cheese
	Lemon wedges

Instructions:

Bring a large pot of lightly salted water to a boil. Add penne and cook, stirring occasionally, until tender yet firm to the bite, about 11 minutes.

Meanwhile, heat oil in an extra-large skillet over medium-high heat. Add onion; cook until softened, 2 to 3 minutes. Add asparagus, mushrooms, and squash; cook until just tender, about 5 minutes. Add tomatoes, carrot, garlic, oregano, black pepper, salt, and red pepper flakes; cook until tomatoes begin to soften, about 1 minute.

Drain penne; stir into vegetable mixture along with ¼ cup Parmesan cheese. Top servings with remaining cheese and serve with lemon wedges.

Nutritional Information

Serving Size: 4 servings • Calories: 281
www.allrecipes.com/recipe/270838/healthy-pasta-primavera/



The Best Lemon Bars

Filling:	Crust:
1 ½ cups white sugar	2 cups all-purpose flour
¼ cup all-purpose flour	1 cup butter, softened
4 eggs	½ cup white sugar
2 lemons, juiced	

Instructions:

Preheat the oven to 350 degrees F (175 degrees C).

To make the crust: Blend 2 cups flour, softened butter, and 1/2 cup sugar in a medium bowl until well combined; press into the bottom of an ungreased 9x13-inch pan.

Bake in the preheated oven until firm and golden, about 15 minutes. Meanwhile, make the filling: Whisk remaining 1 1/2 cups sugar and 1/4 cup flour in a medium bowl. Whisk in eggs, then lemon juice until smooth; pour filling over the baked crust.

Bake in the preheated oven for 20 minutes. Set the pan aside to cool completely; the bars will firm up as they cool. When cooled, cut into uniform squares.

Nutritional Information

Serving Size: 2 servings • Calories: 373
www.allrecipes.com/recipe/10294/the-best-lemon-bars/