



Protein+™ Spaghetti with Sundried Tomato Sauce

The Dartmouth University dining hall offers this light sauce of fresh and sundried tomatoes over Protein+™ spaghetti for a satisfying vegan entree. Capers and basil add color and hits of flavor.

Instructions

Cook the Barilla® pasta for half the time indicated on the package. Drain pasta and drizzle with some olive oil to prevent from sticking. Place pasta flat on sheet trays or hotel pans and cool in a blast chiller. Alternatively, cool it down in a walk-in cooler. Store in zip lock bags or sealed plastic container; refrigerate and use within several hours.

In a bain marie, combine the water, soup base, and lemon juice. Set aside to keep warm.

For each serving, to order: Heat about 1/2 tsp oil and 1/2 tsp garlic in a saute pan. Add 1 oz. fresh tomatoes and 1/4 oz. sundried and let them heat for a few minutes. Stir in 1/4 oz capers.

Reheat 2/3 cup pasta in simmering water. Drain and add it to the pan with 1 oz. lemon-water mixture. Season with basil, salt and pepper. Plate the pasta.

Ingredients

30 oz. Barilla Protein+™ Spaghetti
3 cups water
2/3 oz. gluten-free vegetable soup base
1/3 cup fresh lemon juice
3 oz. extra-virgin olive oil
1 Tbsp. minced garlic
1 1/2 lb. diced fresh tomatoes
6 oz. julienned rehydrated sundried tomatoes
6 oz. drained capers
Salt and pepper

Nutritional Info

This information is per serving.