

Garden Fettuccine

Ingredients

- 12 ounces of spinach fettuccine (or original)
- 2/3 cup of frozen peas (or fresh cooked peas)
- 1 tsp of capers
- 1/2 cup of ripe cherry or grape tomatoes
- 1/3 cup of tofu
- 2 tbsp. of Extra Virgin Olive Oil

For sauce

- 1/3 cup of Extra Virgin Olive Oil
- 1/3 cup of lemon juice
- 1/2 cup of fresh chopped basil
- 2 cloves of garlic (minced)
- 1/2 cup of fresh chopped parsley

Directions:

Start the sauce the night before or at least 3-4 hours before making the dish. In a small saucepan on low heat, combine olive oil and garlic. Don't overcook the garlic, we just want the garlic to get soft and flavor the olive oil. Once the garlic is soft turn off the heat.

Pour the mixture in a container, adding the lemon juice, basil and parsley. Cover and store it in the refrigerator so it can marinate.

Cook pasta until al dente (according to package instructions). Heat a large skillet on medium heat, and cook the frozen peas, tofu and capers with a bit of olive oil. Add the cherry tomatoes at the end. Turn off the heat and take a large salad bowl and combine everything. Take out the sauce we made earlier and pour over the noodles and toss until everything is coated.

Serve with gluten-free bread.