

# Easy (Adriana's) Five-Minute Pasta

## Ingredients:

For the pasta:

- 1 box (340 g/12 ounces) rotini or fusilli pasta
- 2 cups (500 mL) marinara sauce
- 1/3 to 1/2 cup (80 mL to 125 mL) hummus
- 1/4 cup (35 g) hemp hearts

Optional add-ins:

- Fine sea salt, to taste
- Garlic powder, to taste
- Frozen peas or other veggies
- Cooked lentils or beans
- Fresh spinach or basil, minced in food processor
- Puréed cooked carrots or cauliflower



## Directions:

1. Add water into a large pot and bring to a boil over high heat. While you are waiting for it to boil, gather the rest of the ingredients. Once boiling, reduce the heat to medium, add the pasta, and stir with a wooden spoon. Cook the pasta according to the package directions, stirring every now and then to prevent the pasta sticking.
2. Drain the cooked pasta well and place it back into the pot. Stir in the marinara, hummus, and hemp hearts until combined. Taste and add a bit of salt or other mix-ins if desired.
3. Heat over low until warmed throughout. If serving this pasta to a little one, spread a scoop of pasta out on a plate to gently cool it before serving.
4. Leftovers can be stored in an airtight container in the fridge for a couple days. To reheat, add the pasta into a pot along with a bit of extra marinara sauce (this adds moisture back) and stir to combine. Heat over medium-low heat until warmed throughout

**Notes:** Easy and adaptable!



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