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Savory – Heart & Soul Satisfying

Mediterranean - Italian inspired Pasta Primavera

(Pasta with Vegetables) Gluten Free, Vegetarian, Vegan & Dairy-Free options)

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My gluten-free, Mediterranean-Italian Inspired Pasta Primavera recipe (pasta with vegetables) was inspired by a pasta dish I had called, “Spaghetti of the Farmer” created by Mamma Agatha, whose Italian cooking school I was blessed to have attended in Ravello, Italy on the Amalfi Coast. Mamma used arugula, tomatoes and capers with spaghetti. My recipeShort video:

Vegetables and pasta are a healthy and delicious combination. When I learned I had a gluten intolerance at age 30, my Italian mother and I began searching for options. As an Italian-American who later in life also learned I had Greek roots, food has always been an expression of love to my family and myself, as it is in the Mediterranean and other cultures. So what do you do if you get joint and stomach bloating after eating the food of your own heritage? I knew I wanted to continue eating food of my Mediterranean heritage so I’ve been creating gluten-free recipes inspired by my background that are delicious and healthy for myself and my Greek American husband, who is also gluten intolerant. We also make it a point to eat organic, especially our greens and vegetables. As a result, our health has improved and we feel nourished with these Mediterranean diet modifications.

This recipe is a light and refreshing version with no heavy cream. It is gluten-free and packed with healthy phytonutrients from the vegetables. In the past there weren’t many options, but now there are a variety of options for gluten-free pasta. Two gluten-free options I use are rice pasta and the other is additionally grain-free by using zoodles – spiralized zucchini noodles. You can spiralize them at home with various gadgets or some food stores carry them fresh or frozen. You can also use spaghetti squash (when in season) for noodles as well. As a dairy-free/vegan option, instead of Pecorino cheese, I’ve also created a dairy-free Walnut Parmesan.



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Ingredients:

Vegetables:

- 2 Red Peppers – cut into thin strip pieces
- 1 onion – cut into thin strips pieces
- 2 zucchini – cut in circle then half-moon shapes
- 2 additional zucchinis if making zoodles instead of using rice pasta
- 1.5 cups small round cherry tomatoes or small grape-shaped tomatoes – cut in halves
- 3 to 4 cups raw Spinach and/or baby kale, baby swiss chard
- 2 cloves of garlic – minced
- Olive oil – ¼ cup
- 4 tablespoons of water – if sautéing in a pan

Optional vegetable additions: Use what you have in your pantry/refrigerator/freezer, like carrots, green peas, small broccoli pieces or asparagus – (fresh or frozen)

Pasta Options:

- 1) One 12oz bag of gluten-free rice pasta. We use [Tinkyada Organic Brown Rice Pasta](#) or Trader Joes Organic Brown Rice Pasta.
- 2) 2 additional zucchinis if making zoodles instead of using rice pasta. This will require a [spiralizer](#) of some type. They come in a variety of sizes and we use the [Paderno World Cuisine Spiralizer Pro](#).

Mediterranean Spices (Added at start of sautéing vegetables or to coat veggies to be cooked in oven). Please try to use organic spices, when possible, to avoid pesticides.

Garlic powder, organic

Onion powder, organic

Dried Basil, organic – or you can add at the end of cooking fresh, chopped basil

Dried Oregano, organic

Sea Salt with minerals, to taste

For pasta 1 tablespoon in boiling water for per pound of pasta.

½ cup grated pecorino cheese (made from sheep's milk, easier to digest than Parmesan made from cow's milk) - sprinkled on finished dish or plated dish.

Walnut Parmesan-like Cheese (diary-free/vegan option)

1 cup walnut

½ teaspoon of onion powder

½ teaspoon garlic powder

Combine ingredients above into a [food processor](#) or a [spice and nut grinder](#) until finely ground. Stop grinding before the walnuts turn into a walnut butter/paste. Store any extra in a jar with lid in refrigerator.

Pasta Options Instructions:

1) [Gluten-Free Rice Pasta](#) (One 12oz bag)

Fill Medium size pan of water. (filtered if possible) Once water starts boiling add salt.

Either organic rice pasta spaghetti – cooked according to instruction on package – taste test for preferred tenderness. For example, one packet said to cook for 15 minutes. With gluten-free pasta, watch toward the end for perfect softness. Strain water (leave a few tablespoons) and add pasta to the skillet with vegetables.

2) Zucchini Noodles

1 – 2 medium zucchinis – select ones that are the straightest as they are easier to spiralize.

If using frozen spiralized zucchini noodles (zoodles) do not boil them, instead sauté with a few tablespoons of water. The zucchini will release additional water while cooking. Taste test for cooking texture – a bit al dente. (with slight crunch) Avoid sogginess. Drain water once cooked, return to the pan.

Cooking the Vegetables (Two options):

1) Oven:

Oven-baked on Sheet Pan

Preheat oven to 345 F degrees.

Put prepared vegetables in bowl and mix with olive oil, mineral salt and dried herbs. One is to place them on a sheet pan. For easier clean up, you can cover the bottom of the sheet pan with [parchment paper](#) – We use [unbleached parchment paper](#) so no bleach out-gasses into your food. (link for unbleached parchment). Bake until veggies are tender, stir after 15 minutes. Cook total of 20 to 30 minutes.

2) Stove Top Skillet:

Use a turn of olive oil and add water to olive oil. Add onions, spices, and peppers first, sauté for 3 minutes. Then add zucchini and sauté for 3 minutes. Then add greens, sauté until wilted. (about 3 minutes) Next add the cherry tomatoes, sauté for 1 minute. If adding any other vegetables (optional), start with the harder vegetables (i.e., broccoli, carrots) first as they would need more cooking time to soften.

Add cooked rice pasta to skillet with veggies

If you used a sheet pan in the oven with baked veggies, add those to the pasta pan (or zoodles) sauté pan once the water has been drained. Stir together.

Add the pecorino cheese or add dairy free Walnut parmesan. Stir in warm pan and serve.



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To watch me and Mamma Agatha cooking in Ravello, Italy, go to my YouTube Channel and please subscribe for more of my wellbeing cooking and travel videos. <https://www.youtube.com/watch?v=nQvFTkLR3ME>
Also, if you are not subscribed to my [newsletter](#) or [Instagram](#) (@CynthiaDaddona) please subscribe.

Please note I've included some links on Amazon from which I may or may not receive a small affiliate fee and so you can order online and/or see what the packaging looks like. For specialty items, the prices may be higher than the prices in your grocery store. These days, you can find gluten-free products and some organic items at most stores.

DISCLAIMER: By paying and participating in this class and/or using these recipes, you assume full responsibility for your safety, health and wellbeing. Please check with your medical health practitioner to make sure the menu is compatible with your health condition(s), if any.

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