



# ELI'S PENNE PASTA, SIMPLE GREEN SALAD & STRAWBERRY SLUSHIES

SERVINGS: 4



## INGREDIENTS

### PASTA

- 1 splash of olive oil
- ½ yellow onion diced
- 1 carrot diced
- 1 celery stalk diced
- 3-4 garlic cloves minced
- 1 lb. ground Italian sausage
- ¼ tsp red chile flakes
- 1 tsp dried oregano
- 15 oz canned diced tomatoes
- ¼ cup balsamic vinegar
- 10 oz dried penne pasta
- Salt for water
- Fresh basil

### SALAD

- 1 large handful of mixed greens
- 1 small head of romaine lettuce chopped
- ½ lemon juiced
- 1 handful of shredded Parmesan cheese
- 1 splash of olive oil
- Pinch of sea salt and pepper

### SLUSHIE

- 1 lb frozen strawberries
- Sprig of fresh mint
- ½ lemon juiced
- Ice cubes
- Splash of water if needed
- Sweetener of choice (optional)



## DIRECTIONS

### START

Round up all your ingredients plus equipment. Fill pot with water, cover, and set on high to bring to boil. Begin heating a large skillet with a splash of olive oil over medium-high heat. Dice yellow onion, carrot and celery, and add to the skillet as you go. Stir occasionally. As those begin to soften mince the garlic and add to skillet. Once softened, remove veggies from skillet and place in food processor or blender. This step is optional, however, I do recommend when feeding pickier kids for a smooth sauce texture and to meld the flavors together. To the skillet, add the ground Italian sausage to brown and slowly break it up into small pieces as it cooks. While your sausage is browning, add red pepper flakes, oregano and diced tomatoes to the blender. Begin to puree the veggies and slowly add in balsamic vinegar. Once, your mixture is smooth, let it sit while your sausage fully cooks. Add pasta and salt to boiling water and cook according to package instructions for al dente which I find in about 1-2 minutes less than the package.

### SALAD

While your main dish pasta elements are cooking away, add a large handful of mixed greens to your serving bowl. Course chop the head of romaine, adding to the bowl. Top greens with the juice of half a lemon, a splash of olive oil, salt and pepper, and a small handful of shredded Parmesan cheese. Toss together and set aside.

### FINISHING THE PASTA

Once sausage is fully cooked, pour the sauce from the blender back into the skillet and combine. Let simmer together for a few minutes while the pasta finishes cooking. Add a little of the pasta water to the skillet if needed to thin the sauce to your desired consistency. Once penne is finished, strain from the pot and add the pasta to the skillet. Stir to combine. Top with fresh basil and serve directly from the skillet.

### SLUSHIES

Give that blender a quick wash! Add strawberries, mint, juice of remaining half of lemon, ice and splash of water if needed. Choice of sweetener is optional. Blend it all up and serve!

