



### **Pasta with vegetables in Tahini Sauce**

This is a good recipe for those who need to gain weight or aren't concerned with healthy fats in their diets. I have created this recipe for a woman that I have been cooking for who has many dietary restrictions. This recipe is gluten and dairy free.

Broccoli- cut into flowerets, steam for 5 minutes  
Cauliflower- cut into flowerets, steam for 5 minutes  
Carrots – slivered, steam for 5 minutes, rinse under cold water  
Handful of pea pods – take strings off and cut in half  
1 tablespoon chopped garlic  
1 shallot chopped  
1 large red onion, or sweet onion diced  
Olive oil  
4 large scallions  
Brown rice fusilli

Bring a large pot of spring water to boil. Cook the brown rice spiral pasta for 8 minutes, drain and rinse with cold water. In frying pan add 2 tablespoons olive oil, when hot add chopped garlic, shallots and sauté, then add 1 diced onion and sauté until very soft. Add handful of pea pods and cook for a couple of minutes. Then add rest of vegetables and pasta. Pour tahini sauce over pasta.

**Tahini Sauce** - amounts may vary depending on how much needed, this is for one package of pasta with all the vegetables.

½ cup tahini mixed with ½ cup water, stir in bowl until mixed thoroughly, it will be smooth if mixed thoroughly, add more water if necessary, Then add ¼ cup lemon juice, 2 tablespoons toasted sesame oil, sea salt and garlic, mix and taste, adjust seasoning to taste. Top with 4 chopped up scallions and sprinkle paprika for color.

This can also be made with sautéed chicken or shrimp to make it a balanced meal. Cut chicken into 1" pieces. Heat frying pan with 1 tablespoon olive oil, make sure oil is very hot before cooking. Place chicken in frying pan over medium heat and sauté for 4 minutes a side, season with salt and pepper. Remove and toss with pasta, vegetables and sauce. If using shrimp cook for 2 minutes a side, until shrimp turn pink.