



Sautéed Asparagus & Zucchini Pasta



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Ingredients:

✓ Available for purchase in the PureFormulas Store

(makes 2 servings)

- 1 tablespoon extra-virgin olive oil ✓
- ¼ teaspoon Himalayan sea salt ✓
- 2 tablespoons minced white onion
- 2 cloves of garlic
- 2 cups zucchini sliced
- Freshly ground pepper to taste ✓
- 8 trimmed asparagus stalks
- ¼ cup cooked freshly chopped basil
- ½ cup of your favorite gluten free pasta (cooked)

Directions:

1. Preheat your pan for about one minute.
2. Add 1 tablespoon of olive, and let it heat up for another minute.
3. Then add your onion, garlic, pepper and a dash of salt.
4. While the onions and garlic cook, slice your zucchini and trim your asparagus.
5. Add to the trimmed vegetables to the pan, and cook for about 12 minutes on low heat and covered.
6. Once the vegetables are cooked, transfer the gluten free pasta to the pan and mix.
7. When serving, top with basil, and enjoy!