

## Rush Hour Recipes

*Health Dynamics LLC*

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[www.tinamarinaccio.com](http://www.tinamarinaccio.com)

### Vegetarian Express

Get a delicious, nutritious, budget friendly supper on the table cheaper and faster than ordering take away. Wherever possible, choose organic, non GMO plants, and free range, organic meats, and wild caught fish.

All recipes serve 4

#### **Pasta Cannellini with Spinach and Sundried Tomato**

1 lb of your favorite dried pasta

6 cloves garlic, chopped

1/2 teaspoon pickled chili or dried hot pepper flakes (optional)

1 large Vidalia onion, sliced

8oz jar julienned sundried tomatoes in oil, such as Trader Joe's

15oz can cannellini beans

10oz package of fresh pre-washed spinach, or frozen, thawed and drained

1/2 cup good grated parmesan cheese

-Cook pasta in salted boiling water until al dente

-Drain, reserving 1 cup of boiling water

-Meanwhile, using oil in sundried tomato jar, sauté onions, garlic, and hot pepper until soft

-Add beans, including bean liquid, sundried tomatoes, and spinach

-Stir and cover until spinach is wilted, about 5 minutes

-Stir in cooked pasta, reserved pasta water, and parmesan cheese

-Serve with a simple salad

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#### **Zucchini Frittata with Simple Arugula Salad**

2 tbsp good oil, divided  
1 medium Vidalia onion, peeled and sliced  
1 medium zucchini, washed, trimmed and sliced  
1/4 tsp sea salt, plus a pinch of sea salt  
1/4 tsp fresh ground black pepper  
1/2 cup good grated parmesan cheese  
1 dozen free range omega 3 fortified eggs, or 1 carton egg substitute  
1 bag prewashed arugula  
1/4 cup chopped red onion (optional)  
1 medium tomato, chopped  
1 ripe avocado, diced  
1/4 cup toasted pumpkin seeds (you can substitute sunflower seeds)  
Juice from 1/2 lemon  
Whole grain bread for toasting (optional)

- Preheat oven to 350 degrees with rack in middle of oven\*
- In a large oven proof skillet, sauté onion in 1 tbsp oil, then add zucchini, salt and pepper
- Cover and cook gently over low heat, stirring occasionally until soft, about 5 minutes
- Meanwhile, shell and whisk eggs, and pour over veggies in skillet
- Place skillet on middle rack in oven and bake until firm to the touch, about 15 minutes
- Meanwhile prepare salad - In a bowl, combine arugula, tomato, onion, avocado, and pumpkin seeds, then toss with salt, lemon and remaining tbsp oil
- Remove skillet from oven, and set to broil
- Sprinkle parmesan cheese evenly over frittata, place back on middle rack for about 2-3 minutes, or until cheese begins to bubble and brown
- Remove frittata from oven, and using a butter knife, slice like a pizza into 8 pieces
- Serve with arugula salad, and whole grain toast if desired

\*You can cook the frittata more quickly if you set your oven to convection bake, but eggs taste best when cooked slowly

Pre-Meal Prep Tips - All of the veggies can be cut in advance and stored in containers in the frig, except the avocado because it will brown during storage. Eggs can be blended in advance and stored in a container in the frig.