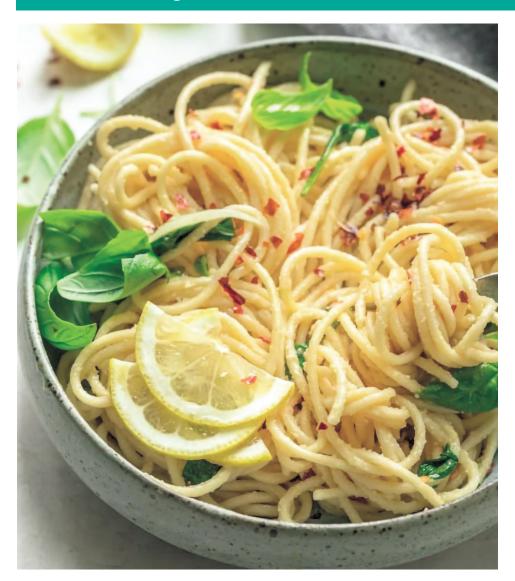
## Vegan Hummus Pasta



## Recipe by Yumna Jawad

This creamy vegan Hummus
Pasta is a healthy Mediterranean
inspired recipe! It's all made in
one pot and ready in 15 minutes
— perfect for a weeknight meal!

## **Ingredients**

2 tablespoons olive oil

I medium onion sliced

2 garlic cloves sliced

I cup spinach

I cup plain hummus

I pound spaghetti We are big fans of Bionaturae pasta (with gluten) and Jovial pasta (without gluten).

I lemon juiced and zested
'/4 cup fresh basil chopped,
plus more for serving
Pinch crushed red pepper

## **Directions**

- Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until al dente according to package directions.
   Reserve I cup of pasta cooking water, then drain the pasta and return to the pot to stay warm.
- In a large skillet, heat the olive oil over medium heat.
   Add the onions and cook for 5-7 minutes or until fragrant and they soften. Add the garlic, and cook for 30 seconds, or until fragrant.
   Add the spinach and cook for I minute, or until is slightly wilts.
- 3. Add the hummus, about ½ cup of the pasta cooking water, the lemon juice and lemon zest, and stir until a creamy sauce forms. Add more pasta water to thin the sauce a little at time, as desired.
- 4. Transfer the cooked pasta to the skillet, turn off the heat and toss everything together. Top with basil and crushed red pepper.
- 5. Serve immediately with vegan cheese (or Parmesan cheese) or basil, if desired.