

INGREDIENTS

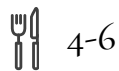
- 12 oz Whole grain penne pasta
- 2 tsp Garlic, chopped in olive oil
- 3 Tbsp Olive oil
- 2 Tbsp Butter
- 1 Tbsp Italian Seasoning (adjust to taste)
- 1 tsp Salt (adjust to taste)
- 1 tsp Black Pepper (adjust to taste)
- 2 cups Tomatoes, diced
- 2 cups Corn, frozen, steamed

INSTRUCTIONS

1. In a large pot of boiling salted water, cook the whole grain penne pasta according to the package instructions until al dente. Drain and set aside.
2. In a large skillet, heat the olive oil blend and butter over medium heat. Once the butter is melted, add the garlic chopped in olive oil. Sauté for 1-2 minutes until fragrant but not browned.
3. Stir in the steamed corn and diced tomatoes. Cook for another 3-4 minutes until the tomatoes are slightly softened.
4. Sprinkle in the Italian seasoning, salt, and black pepper. Stir well to combine.
5. Add the cooked penne pasta to the skillet and toss everything together, ensuring the pasta is well-coated with the garlic, corn, and tomato mixture.
6. Transfer to serving dishes and enjoy while hot. Optionally, you can sprinkle with grated Parmesan or fresh herbs for added flavor.



Whole Grain Pasta With Corn & Tomatoes



4-6



Prep time 10 minutes
Cook time 22 minutes

Savor the delightful combination of whole grain penne pasta tossed with sweet corn and juicy tomatoes! Infused with aromatic garlic and Italian seasonings, this dish is a symphony of flavors and textures. Perfect for a quick weeknight dinner or a refreshing summer meal, it's a wholesome treat that celebrates the essence of simple, fresh ingredients.

