



LEMON & ASPARAGUS FRESH ZEST PASTA

Soy-Free. Sugar-Free. DF. GF. Nut-Free.

Vegan. Vegetarian.

What You'll Need:

- 1 bag/box of GF spiral pasta
- 1 lg sweet onion, chopped
- 1 yellow or orange bell pepper, chopped
- 5-7 cloves of garlic, minced
- 1/2 cup of coconut milk fat
- 1/2 cup olive oil
- 1 can of stewed or diced tomatoes, rinsed
- 3 tbsp coconut water
- 1 tbsp lemon zest
- 1/2 lg lemon, squeezed

Cook the pasta to 'al dente'. Rinse with cold water, put back in pot, drizzle with olive oil, sprinkle generous amounts of S&P and wait for the other ingredients.

*(on medium heat) Sauté the onion, garlic, bell pepper, and coconut fat. *If your coconut milk isn't separated and is all white liquid, put it in the refrigerator for 20 mins to separate it.*

Add the olive oil, stewed tomatoes, coconut water, lemon zest, and fresh squeezed lemon to the cooked pasta. Turn burner on low heat. Stir fairly consistently so it doesn't burn. Once the sauté is ready, add remaining ingredients in. Let everything simmer on low for 10-15 minutes and then serve!