

Bubbie's Space

Simple Recipes ♥ Bold Flavors ♥ Made with Love

Bubbie's CREAMY VEGETABLE PASTA

Simple ♥ Colorful ♥ Comforting

A rich, creamy pasta dish loaded with fresh vegetables, Parmesan cheese, and Italian herbs — a delicious way to enjoy a wholesome, flavorful meal!

PREP TIME	COOK TIME	SERVES
15 MIN	20 MIN	4–6

INGREDIENTS



- 12 oz penne or rotini pasta
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 small onion, diced
- 1 cup broccoli florets
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- 1 cup carrots, thinly sliced
- 2 cups baby spinach
- 1 cup cherry tomatoes, halved
- 1 ½ cups heavy cream
- 1 cup freshly grated Parmesan cheese
- 1 tsp Italian seasoning
- ½ tsp salt (or to taste)
- ½ tsp black pepper
- Red pepper flakes (optional)

INSTRUCTIONS

1. Cook pasta according to package directions until al dente. Reserve ½ cup pasta water, then drain.
2. Heat olive oil in a large skillet over medium heat. Add onion and cook until softened, about 3 minutes.
3. Add garlic and cook for 30 seconds, until fragrant.
4. Add broccoli, carrots, zucchini, and red bell pepper. Cook for 5–7 minutes, until tender-crisp.
5. Stir in cherry tomatoes and spinach. Cook until spinach wilts, about 2 minutes.
6. Pour in the heavy cream and bring to a gentle simmer. Stir in Parmesan cheese and Italian seasoning.
7. Season with salt, pepper, and red pepper flakes (if using). Simmer for 2–3 minutes, until the sauce is smooth and creamy.
8. Add the cooked pasta and toss to coat. If needed, add a little reserved pasta water to loosen the sauce.
9. Serve immediately, topped with extra Parmesan if desired.

SIMPLE INGREDIENTS | BOLD FLAVORS | MADE WITH LOVE | FAMILY FAVORITES

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