



Tuscan Pasta

AKA Tik Tok Pasta



ingredients

- 1 pound protein of your choice
- ¼ tsp garlic powder
- ¼ tsp onion powder
- 1-2 tbsp olive or avocado oil
- 1 small onion, finely chopped
- 4 cloves minced garlic
- 1 tsp Italian seasoning
- 2 tsp basil
- 1 pint cherry or grape tomatoes or 14.5 ounce can diced tomatoes
- 1 cup chicken broth
- 7 ounces Vlolife cream cheese
- ½ tbsp. mustard powder
- ¼ cup nutritional yeast
- 4 cups baby spinach
- Package of chickpea, brown rice or other gluten-free pasta of choice, cooked

instructions

Heat oil, garlic powder and onion powder in large saute pan over medium heat. Add your protein of choice, cooking through. Remove from pan.

Add chopped onion, minced garlic, Italian seasoning, basil and tomatoes to pan. Cook until tomatoes soften and/or burst, 10-15 minutes. If using cherry or grape tomatoes, add chicken broth and heat to a slow boil. Add nutritional yeast, mustard powder and cream cheese, stirring until blended. Return cooked meat to mixture. Add spinach and cover until spinach is wilted and cooked through, roughly 5-10 minutes.

Mix and serve over cooked pasta of choice.

