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## Vegetable Pasta

Zucchini, 1 medium, cut length and in half-moon  
Yellow Squash, 1 medium, cut length and in half-moon  
Red Onion, 1 Large, thinly sliced  
Red Pepper, 1 pepper, julienned  
Green Pepper, 1 pepper, julienned  
Black Beans, 1 cup, boiled  
Avocado, 2 each, cubed  
Marinara Sauce, 2 cups  
Kosher Salt, 2 teaspoons + a dash  
Penne Pasta, 10 oz. cooked al dente  
Black Pepper, 1 teaspoon  
Parmesan Cheese, to taste



Place olive oil, zucchini, yellow squash, red onion, red pepper and green pepper in a sauté pan. Put on medium heat and allow vegetables to soften and slightly caramelize about 5-7 minutes.

Meanwhile, take the black beans and avocado and mix them together.

In a separate sauce pan, bring the marinara to a low simmer. Add the avocado and bean mixture to the marinara sauce and allow to warm for 3-4 minutes.

In rapid boiling water, add the kosher salt and cook the pasta to al dente about 8-10 minutes.

Remove the pasta from the boiling water and mix with the marinara sauce immediately. Add the sautéed vegetables to the pasta, mix together and season with salt and pepper.

Top with your favorite cheese and enjoy.