

## Paleotarian “Pasta” Primavera

This is a kelp “pasta” dish that is surprisingly good. Not quite as comforting as wheat pasta but very satisfying while being gluten free and dairy free. Zucchini and broccoli are available year round but you can use any fresh vegetables you like.

If you can’t get the kelp noodles it is a good vegetable dish.

3-4 servings

3/4 of 12oz package of [kelp noodles](#)\*  
2 Tb extra-virgin olive oil  
1 yellow onion, diced  
1 ½ cups zucchini, cut into ¼” cubes  
3 large cloves garlic, minced  
¼- ½ tsp crushed red pepper flakes ((or to taste)  
1/2 tsp dried oregano  
½ tsp dried thyme or 1 Tb fresh thyme  
1 (28-ounce) can organic diced fire roasted or plain tomatoes  
2 cups broccoli florets  
¼ cup kalamata olives  
Celtic sea salt and fresh pepper  
½ cup fresh basil, sliced into ribbons

- Soak the kelp noodles in cold water while you prepare the rest of the dish.
- Heat a large sauté pan. Add olive oil and onions. Sauté over medium-low heat until onions begin to soften, about 5 minutes, stirring frequently.
- Add zucchini, sauté 3 minutes
- Add garlic, red pepper flakes, oregano and thyme, stir.
- Add tomatoes, Sauté on medium for 5 minutes.
- Add broccoli and olives. Simmer 2 minutes until broccoli is just beginning to get tender.
- Rinse the noodles. Dry on a kitchen towel. Cut into 4” pieces, just a few cuts to separate them.
- Add to the vegetable mix, stir to combine. Simmer 2 minutes.
- Season with salt and pepper.
- Turn off the heat. Stir in the basil.

\*NOTE: If you like more “noodles” use the whole package. I prefer more vegetables.