



## Spring Vegetable Aglio e Olio with Toasted Breadless Crumbs

Makes 2 entrée sized portions or 4 sides

Prep Time: 20 minutes

Cook Time: 10 minutes

Tags: Vegetarian, Gluten-Free, Everyday Recipes

*This “pasta” dish features an abundance of seasonal veggies. In fact, we’ve ditched the pasta entirely, relying on just the vegetables for a lighter, healthier and super delicious version of a traditional Italian preparation. The use of olive oil-toasted breadcrumbs to finish is also traditional, and adds rich flavor and a great texture. Using Longève Breadless Crumbs in place of regular bread crumbs, boosts the protein and keeps the carbs low. The vegetable noodles can be purchased fresh and ready-to-use from many markets these days, or made at home with a spiralizer, mandoline slicer or a sharp chef’s knife.*

### Ingredients:

1 tablespoon extra-virgin olive oil

¼ cup Longève Plant-Based Breadless Crumbs

1 large zucchini (or about 2 cups, or 5 oz of spiralized zucchini noodles)

1 large yellow squash (or about 2 cups, or 5 oz of spiralized yellow squash noodles)

1 medium carrot

½ bunch asparagus

¼ cup extra-virgin olive oil

2-3 large cloves garlic, chopped

1 big pinch of crushed red chili flakes

¼ teaspoon fresh lemon zest

½ teaspoon fine sea salt

¼ teaspoon freshly ground black pepper

¼ cup chopped parsley

2 teaspoons fresh lemon juice

Grated parmesan cheese to serve (optional)

### Method:

- Heat 1 tablespoon of olive oil in a large, non-stick skillet over medium heat. Add breadless crumbs and toss to coat in oil. Cook, stirring frequently until deeply and evenly toasted, about 3 – 4 minutes. Transfer to a small dish and reserve.
- If using whole zucchini and yellow squash, use a spiralizer or mandoline to cut into long, spaghetti-like strands. If using a knife, slice lengthwise into thin, 1/8" slices, stack slices and cut into thin julienne. Peel and cut the carrot in the same way.
- Trim the woody bottom off of each asparagus stalk (about 2 – 3 inches off the bottom) and use a vegetable peeler to create long, thin slices from each stalk, turning the stalk until it is entirely peeled into thin slices.
- Mix all the vegetables in a bowl to combine evenly.
- Heat ¼ cup olive in the large skillet over medium-low heat and add the chopped garlic and chili flakes. Cook, stirring occasionally, until the garlic is golden brown and fragrant. Turn heat to medium-high and add the lemon zest and vegetable noodles. Use tongs to mix well and coat in oil. Cook and stir for about 3- 4 minutes or until vegetables are crisp-tender. Add salt, pepper, fresh parsley and lemon juice and give the dish a final toss.
- Portion into pasta bowls and top liberally with the toasted breadless crumbs. Serve with grated parmesan cheese, if desired.