

## Amaranth Pasta with Vegetables



### **Ingredients:**

8 oz. amaranth pasta  
4 cups assorted organic vegetables, (make the selection colorful and varied)  
1 organic onion, diced  
2-3 cloves organic garlic, minced  
Braggs liquid aminos, to taste  
grated ginger, to taste  
1 package Tempeh (optional)

### **Directions:**

Chop the vegetables and steam in a wok, or heavy skillet. Cut the Tempeh into chunks, and cook in the vegetable stock, adding seasoning and more water if necessary. Let steam for 15-20 min.

Meanwhile, cook the pasta according to the package.

Serve the vegetables over the cooked pasta.

Amaranth is a gluten free grain that makes a healthy pasta. Amaranth is a high protein grain that contains more fiber than wheat and higher levels of calcium, iron and phosphorous than spinach. Tempeh is a fermented soy which is the best way to consume it, and we all know the benefits of fresh organic vegetables.