

Saturday Pasta

"S" or "XO"

(for any busy day of the week)

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1 Tablespoon butter
1 Tablespoon refined coconut oil
1/2 large onion (slice thin, then quarter the slices)
1/3 cup sun-dried tomatoes, snipped into small pieces with scissors
1 (4 ounce) can mushrooms or, preferably, fresh
4 ounces fresh spinach
5 to 6 ounces Jovial Brown Rice Spaghetti or 1 or 2 packages of THM Ancient Wisdom Noodles. *
20 Kalamata olives, sliced (1/2 of a 6 ounce jar)
1/4 cup (or more) good extra virgin olive oil
1/8 teaspoon dried red pepper flakes
A "sprinkle" of cayenne pepper

Mineral salt

NOTE: Add a protein, such as cubes of cooked chicken breast for a complete meal or serve as a side with meat or fish. Or, follow with a collagen "trimmy"!

In a large skillet, heat butter and coconut oil over medium heat. Fill a pot with water and bring to a boil if making a Crossover by using brown rice pasta. If using Ancient Wisdom Noodles, rinse, drain, set aside.

Add onions to the skillet and stir.

In a small custard cup, pour a little water (approximately 3 Tablespoons) over the sun-dried tomatoes. Microwave them on high for one minute to reconstitute them or do this in a small pan on the stove. Set aside.

Add mushrooms and olives to the skillet. Stir. Lower heat so that onions do not begin to caramelize.

SATURDAY PASTA, continued MIDWEST Storyteller.com

If using pasta, add pasta and 1/2 teaspoon mineral salt when the water comes to a boil. Cook according to package instructions until *al dente*.

Meanwhile, pour one tablespoon olive oil into a large pasta bowl. Add red pepper flakes and cayenne pepper. Stir. Set aside.

Add spinach to the skillet. (This will fill the skillet.) Cook and stir until spinach wilts and mixes with the other ingredients. Add sun-dried tomatoes (with liquid) to the mixture.

Drain pasta, if using. Add to pasta bowl. Toss to coat with the flavored oil.

If using Ancient Wisdom Noodles, add them to the skillet and toss, heating thoroughly until they've absorbed all the flavors. Add the skillet mixture to the bowl, scraping the skillet clean with a spatula. Toss ingredients together, adding remaining olive oil. Season to taste with additional mineral salt and additional olive oil as desired.

Serves 3 if using 6 ounces of brown rice pasta as "XO". Eat your fill if you're a big eater and use 1 package of Ancient Wisdom Noodles, or *other konjac noodles for an "S".

* I have used "other" konjac noodles and they are fine, especially if you can obtain some with a bit of oat fiber added, which I have found at Sprouts. I have never used spiralized zucchini or another veggie noodle, but you can try. I'd try the original version first!