## Cheesy Veggie Pasta

### Ingredients
- 2 cups dry pasta
- 2 teaspoons oil
- 2 garlic gloves, minced
- 1 teaspoon dried oregano
- 1 cup frozen peas
- 3 cups frozen or fresh broccoli, chopped
- 3 tablespoons lemon juice (about 1 lemon)
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup parmesan cheese or nutritional yeast

### Procedure
1. Cook pasta according to directions on package. While the pasta is cooking, heat oil in a skillet over medium heat. Add garlic and oregano. Cook for 2 minutes.
2. Add vegetables and salt. Cook for 7 minutes.
3. Drain the pasta. Add pasta to the vegetables. Add lemon juice and your Parmesan cheese.
4. Stir to mix vegetables and pasta. Season with black pepper, if desired.

### Recipe Notes
Like a little heat? Add 1/8 tsp of red pepper flakes. Instead of parmesan cheese you can add a sprinkle of nutritional yeast for an extra kick of Vitamin B12. Pair this with your favorite protein source such as baked tofu, grilled chicken, canned salmon, or chickpeas.

### Nutrition Information
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<th>SERVINGS</th>
<th>COST PER SERVING</th>
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