

Rainbow Veggie Pasta

Colorful Rainbow Veggie Pasta with fresh vegetables, herbs, and lemon dressing. Easy, healthy, customizable recipe ready in 35 minutes!

15	20	35	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Rainbow Veggie Pasta

Ingredients

- 12 oz pasta
- 1 cup olive oil
- 1 red onion
- 3 clove garlic
- 2 bell pepper
- 1 cup tomato
- 1 zucchini
- 1 cup broccoli
- 1 cup carrot
- 1 cup basil
- 1 cup parsley
- 1 tsp oregano
- 1 fresh lemon juice
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Cook the pasta**

Bring a large pot of salted water to a rolling boil over high heat. Add 12 oz pasta and cook according to package directions until al dente, typically 8-10 minutes.
- 2** Reserve 1/2 cup of the starchy pasta cooking water, then drain the pasta and set aside.
- 3 Prepare the vegetables**

Heat 2 tablespoons olive oil in a large skillet over medium heat until shimmering, about 1 minute.
- 4** Add 1 diced onion and 3 minced garlic cloves to the hot oil. Cook until the onion is soft and translucent, about 3-4 minutes.
- 5** Add 2 diced bell peppers, 1 cup diced zucchini, 1 cup broccoli florets, and 1 cup diced carrots to the skillet. Cook, stirring occasionally, until vegetables are tender-crisp, about 6-8 minutes.
- 6** Add 1 cup cherry tomatoes and cook until they just begin to soften and release their juices, about 2-3 minutes.

7 Make the herb dressing

In a small bowl, whisk together remaining olive oil, juice of 1 lemon, 1 teaspoon chopped fresh basil, and 1 teaspoon chopped fresh parsley until well combined.

8 Combine and finish

Add the cooked pasta to the skillet with the vegetables and toss to combine. Pour the herb dressing over everything and toss until evenly coated.

9 Add 2-3 tablespoons of reserved pasta water if needed to help the dressing coat the pasta smoothly. Season with salt and pepper to taste, then serve immediately while hot.

Tips

Cook vegetables to maintain slight crispness – they should be tender but still have a bit of bite for the best texture and nutrient retention.

Reserve some pasta cooking water before draining – the starchy water can help bind the dressing to the pasta and vegetables if needed.

Add delicate vegetables like cherry tomatoes and leafy greens at the end of cooking to prevent overcooking and maintain their fresh flavor.

Use the best quality olive oil you can afford for the dressing, as it's a key flavor component in this simple preparation.

Fresh herbs make a significant difference in this dish – if using dried herbs, use about 1/3 the amount and add them earlier in the cooking process.

For maximum flavor, season each component separately – season the pasta water, season vegetables while cooking, and taste the final dish before serving.

Let the dressed pasta sit for 10-15 minutes before serving to allow the flavors to meld and develop.

For a heartier meal, add a handful of toasted pine nuts, sunflower seeds, or chopped walnuts for extra texture and healthy fats.