

Pasta With Corn, Mint and Red Onions (with protein options)

Serves 2-3

- 170 g small pasta (e.g., shells, orecchiette, or fusilli)
- 2 ears corn, kernels cut off (about 320 g)
- 2 medium ripe tomatoes, diced (about 280 g)
- 60 g red onion, thinly sliced
- 1–1½ T fresh lemon juice, to taste (15–22 ml)
- ¼–⅓ tsp salt, or to taste
- 3½ T (50 ml) olive oil, plus more for serving if desired
- 3–4 cloves garlic, grated or minced finely (*Japanese garlic is milder; use more for flavor*)
- ¼ tsp red pepper flakes, more to taste
- 15–20 g soft herbs, chopped (mint, basil, or cilantro—or a mix)
- **Optional protein (choose one):**
 - > 100 g cooked shrimp (peeled)
 - > 100 g cooked chicken breast, shredded or cubed
 - > 100 g firm tofu, pan-fried or baked
- **Optional toppings:**
 - > A dollop of ricotta cheese (about 15–30 g per serving)
 - > Extra herbs, pepper flakes, and olive oil



1. **Cook the pasta and corn:**
Bring a large pot of **lightly salted water** to a boil. Add **pasta** and cook according to package directions.
About **3 minutes before the pasta is done**, stir in the corn kernels. Drain together when pasta is al dente.
2. **Marinate the vegetables:**
While pasta cooks, combine **diced tomatoes**, **red onion**, **lemon juice**, and about **¼ tsp salt** in a large bowl. Let it sit and marinate.
3. **Infuse the oil:**
Heat the **olive oil** in a small pan over medium heat. Add **garlic** and **red pepper flakes**, stirring until fragrant but not browned—**about 1 minute**. Immediately pour the oil into the tomato mixture and stir.
4. **Combine all:**
Add **drained pasta and corn** to the tomato mixture. Mix well.
Stir in **chopped herbs** and your **chosen protein** (shrimp, chicken, or tofu).
5. **Taste and finish:**
Adjust **salt** and **lemon juice** to taste. Serve warm or at room temperature, topped with more **herbs**, a drizzle of **olive oil**, and **ricotta** if desired.

Flavor / Health Tips:

- Use **Kevala coconut aminos** instead of some of the salt if you want extra umami with reduced sodium.
- Add **zest of the lemon** for a brighter, more complex flavor.
- Want even more punch? Stir in a **tsp of capers** or a few chopped **olives**.

Nutrient	Amount
Calories	~420 kcal
Protein	~17 g
Fat	~17 g
– Saturated Fat	~2.5 g
Carbohydrates	~50 g
– Sugars	~6 g
Fiber	~5 g
Sodium	~320 mg

- 🍗 With **chicken**: same calories, slightly higher protein (~21 g)
- 🥬 With **tofu**: slightly lower protein (~14 g), a touch more fat

Tofu Pasta with Corn, Mint & Red Onion With Soy-Ginger Marinated Tofu

Serves 2–3

Pasta & Vegetables:

- **170 g small pasta** (shells, orecchiette, fusilli)
- **2 ears corn**, kernels cut off (about **320 g**)
- **2 medium tomatoes**, diced (about **280 g**)
- **60 g red onion**, thinly sliced
- **1½ T lemon juice** (22 ml), or to taste
- **¼–⅓ tsp salt**, or to taste
- **3½ T olive oil** (50 ml)
- **3–4 cloves garlic**, finely grated (adjusted for mild Japanese garlic)
- **¼ tsp red pepper flakes**, or to taste
- **15–20 g soft herbs** (mint, basil, or cilantro), chopped

Marinated Tofu:

- **150 g firm tofu**, pressed and cubed
- **1 tsp grated fresh ginger**
- **1 tsp grated garlic**
- **1½ tsp Kevala coconut aminos**
- **1 tsp mirin**
- **½ tsp rice vinegar**
- **½ tsp toasted sesame oil**
- Optional: **pinch of cayenne** or chili flakes



Instructions

Step 1: Prepare the Tofu

1. Press tofu for **15–20 minutes** to remove excess moisture. Cut into small cubes.
2. In a bowl, mix **ginger, garlic, coconut aminos, mirin, vinegar, sesame oil**, and a pinch of chili if desired.
3. Toss tofu in marinade and **let sit for 15 minutes (or longer)** if time allows).
4. Pan-fry tofu in a nonstick pan over medium heat with **½ tsp neutral oil** until golden on all sides. Set aside.

Step 2: Pasta & Veg

5. Bring a large pot of lightly salted water to boil. Add **pasta** and cook until al dente.
6. About **3 minutes before the pasta is done**, add the **corn kernels** to the boiling water. Drain both together.

Step 3: Tomato Base

7. In a large mixing bowl, combine **tomatoes, red onion, lemon juice**, and **a pinch of salt**. Let sit while pasta cooks.
8. In a small skillet, heat the **olive oil**, add **garlic and red pepper flakes**, and cook about **1 minute** until fragrant (not brown). Pour into the tomato mixture.

Step 4: Combine and Serve

9. Add **drained pasta and corn** to the tomato bowl. Add **tofu** and **chopped herbs**. Toss well to coat.
10. Taste and adjust seasoning with lemon, salt, or herbs as needed.
11. Serve warm or at room temp. Optional: garnish with more herbs or a small dollop of Greek yogurt.



Flavor/Health Notes

- Using **Kevala coconut aminos** reduces sodium while adding umami.
- The **tofu marinade** adds complexity and replaces the need for cheese or extra salt.
- Add **lemon zest** or a **touch of capers** if you want more punch.
- Great next-day chilled as a summer lunch.

Per serving (of 2.5 servings)

Nutrient	Amount
Calories	~410 kcal
Protein	~15 g
Fat	~17 g
– Sat. Fat	~2.2 g
Carbs	~50 g
– Sugars	~6 g
Fiber	~6 g
Sodium	~310 mg