

CreakyKitchen

Cooking tips for the chronic disease community



RECIPE

PASTA PRIMAVERA

INGREDIENTS

½ lb (half a box) of Penne or other short pasta (bowties, orecchiette, etc.)
1/2 Red Onion or 1 Large Shallot, Sliced
1 Large Carrots cut into matchsticks
2 Cups Broccoli Florets (or Broccolini)
1 Bell Pepper, sliced thin
4 Cloves Garlic, Chopped
1 Green Zucchini, sliced thin
1 Summer Squash, sliced thin

Salt and pepper
Italian seasoning
Olive Oil
¼ Cup Dry White Wine (optional)
1 Pint Cherry Tomatoes, sliced in half
1 Cup Reserved Pasta Water
1 Lemon, Zested and Juiced
½ Cup (plus extra) Grated Parmesan
Chopped Parsley for Garnish

EQUIPMENT

Large Pasta Pot

12" Skillet with high sides

Grater or Rasp (Microplane)

Mandolin or Slicer with Hand Guard

Sharp Knife that you are comfortable with

Spider (not the 8-legged kind), to cook pasta

Coffee/tea cup

CHEF'S TIPS

This is another great way to use up veggies in your basket or refrigerator bin. There's a ton of different ways to go about this dish, some with a cream sauce, some with oven roasted veggies, and even a one pot version! I think that since Spring has sprung we'll stick with what is fresh and available at the market and we'll keep the sauce light with the use of lemon zest and juice.

Also, you can add a protein to this if you like. Take some help from the store and feel free to add some rotisserie chicken or you can oven roast shelled & deveined shrimp. I get 16/20 per pound shrimp, toss in olive oil, salt & pepper and a little crushed red pepper. Roast at 400 for about 12-15 mins and you have delicious, plump shrimp. Bonus recipe! (Great for shrimp cocktail too;)

Think colorful when making this and go for the rainbow! You can also find a lot of these veggies prepped and cut at the grocery store so be on the lookout for those time savers. Big key to this going from stove to plate efficiently is to prep your veggies (a la - mise en place) so that they can all be cooked in the same time as your pasta boils. Make sure that they are all around the same size and width, using a mandolin or slicer helps cut the time, effort needed and keeps the sizes consistent. So, let's get into the Springtime specialty!

DIRECTIONS

- Bring a large pot of water to a boil and liberally salt once it is bubbling.
- Heat a 12" skillet over medium high heat and add olive oil to coat the bottom of the pan (a few turns). Your pasta **should** take about 10-12 mins so drop your pasta and then add your onions to the pan.
- Next add the carrots to the pan and sauté with the onion for another 2 mins or so (you want to see a touch of color).
- Add the rest of the veggies in order and sauté till crisp/tender. Season all veggies with Italian seasoning, salt & pepper.
- Stir and add a touch of wine (if desired).
- Add the cherry tomatoes.
- Using a spider add the pasta and stir to combine with all the veggies.
- Add the lemon zest and juice and enough pasta water to loosen the mix.
- Let it come together for a couple of minutes and make a nice pan sauce.
- Add more pasta water as needed (this is the advantage of not draining the pasta, but lifting it out to the sauté pan).
- Season to taste and add a handful of parm.
- Serve in shallow bowls topped with more parm, chopped parsley and optional protein.
Springtime is served!