



Pasta Primavera

(Primavera means “spring” in Italian)

Serves 6

A variety of veggies cut into bite-size pieces:

- 1 cup broccoli, 1 red bell pepper, 2 carrots
- 4 oz. mushrooms and 2 zucchini, sliced diagonally
- 3 Tbls. Olive oil
- 2 Tbls. Butter
- 1/2 large onion, diced
- 3 cloves garlic, minced
- 1/2 cup chicken broth
- 1/4 cup white wine (optional)
- 1/2 cup parmesan cheese
- 1 lb. pasta – rotini (corkscrew) or farfalle (bow tie)
- About 10 fresh basil leaves chopped; or 1 Tbls. dried

Cook the pasta according to box directions. Set aside.

In a large skillet over medium-high heat, heat the olive oil. Cook the veggies in batches -- first the dense ones, such as carrots, broccoli and red peppers, for 3 minutes. Remove from the frying pan and set aside. Add the butter and remaining 1 tablespoon oil and heat. Add the mushrooms and zucchini and cook for 2 to 3 minutes. Remove them and add to the other vegetables.

Add the onions to the skillet, and cook for 5 minutes. Add the garlic and cook for 30 seconds longer. Pour in the chicken broth and wine; stir, scraping the bottom of the pan to loosen all the flavorful bits. Cook for 3 to 4 minutes until reduced by about half.

Add the cooked vegetables to the “sauce” and stir in the basil. Place the cooked pasta in a large serving bowl and pour all the vegetables over the pasta; toss to combine. Sprinkle with parmesan and toss again. Serve hot or at room temperature.