Pasta Primavera

Description

Pasta Primavera is a fresh and delicious pasta combination with summer vegetables. Primavera means Springtime in Italian and this popular dish celebrates the fresh Springtime and Summer vegetables (even better from your garden).

Summary

Yield: 2
Prep Time: 30 minutes
Category: Pasta
Cuisine: Italian

Ingredients

- 4 ozs fettuccine (or pasta of your choice)
- 1/2 cup red onion, sliced
- 1/3 cup red bell pepper, julienned
- 1/3 cup yellow bell pepper, julienned
- 1/2 cup zucchini, sliced
- 1/2 cup yellow summer squash, sliced
- 2 medium brown mushrooms, sliced
- 3/4 cup stewed tomatoes
- 1 tsp fresh basil, chopped
- 1 tbsp olive oil
- 1 clove garlic, minced
- shredded parmesan cheese (optional)

Instructions

In a large 4 quart pan, bring water for cooking pasta to a full boil.

In a large skillet, saute onions, garlic, red and yellow bell peppers in olive oil until slightly tender, but still crisp. Add the zucchini, yellow squash and mushrooms and saute for another minute. Add tomoatoes and fresh basil, bring to a quick boil, then reduce heat. Cover and simmer while you prepare the pasta (about 8 minutes).

Place fettuccini pasta in boiling water, reduce heat to a gentle rolling boil. Cook pasta al dente, about 7 to 8 minutes if dried pasta, less if fresh pasta.

Drain fettuccini, toss with vegetables. Sprinkle with Parmesan cheese if desired (grated fresh Parmesan always best).

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Notes

Feel free to change, add or experiment with so many varieties and choices for vegetables. With Pasta Primavera, think fresh vegetables from your Springtime and Summer garden. Broccoli florets, fresh snap peas, green beans, fresh tomatoes, grape or cherry tomatoes, asparagus spears, and/or summer cabbage, for example.