

Pasta Primavera

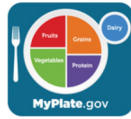
TIME: 45 MINUTES SERVINGS : 5

INGREDIENTS

- 10 oz. Penne Pasta
- 1/4 cup olive oil
- 1/2 medium red onion, sliced
- 1 carrot, peeled and sliced into thin strips
- 2 cups broccoli florets, chopped
- 1 medium yellow squash, sliced
- 1 medium zucchini, sliced
- 3 - 4 cloves garlic cloves, minced
- 1 cup tomatoes, diced
- 2 tsp. Italian seasoning
- 1/2 cup pasta water
- 2 Tbsp. lemon juice
- 1/2 cup shredded Parmesan, divided
- 2 Tbsp fresh or 2 tsp. dried parsley

PROCEDURE

1. Bring a large pot of water to a boil. Cook pasta according to package directions. Make sure to reserve 1/2 cup pasta water before draining.
2. Meanwhile, heat olive oil in a large skillet over medium-high heat.
3. Add red onion and carrot and saute 2 minutes. Add broccoli and saute 2 minutes. Add squash and zucchini and saute 2 - 3 minutes or until veggies have nearly softened. Lastly, add garlic, tomatoes, and Italian seasoning and saute 2 minutes longer.
4. Pour veggies into now empty serving dish, add drained pasta, lemon juice, pasta water to loosen as desired and salt to taste.
5. Toss in 1/4 cup Parmesan and parsley then serve with remaining Parmesan on top



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