



FlowRATE Newsletter – “Recipe of the Month” April 2015

Mom's Pasta Primavera

Submitted by Gary Ulanowski, Marketing & Communications Manager - Gary@SVF.net

The word *primavera* refers to being served with fresh vegetables; it is from the Italian (*alla primavera*, or (in the) spring (style). Pasta primavera is almost always a **simple-to-prepare dish** using the fresh vegetables of the season. In spring I make it with asparagus and peas, later in the summer with tomatoes and zucchini. Sometimes it uses a cream sauce, sometimes a marinara sauce, and sometimes, just with some olive oil and shaved Parmesan (which is the way I prefer it). The following recipe is how my mother liked to prepare Pasta Primavera – whatever vegetables we had on hand with a little (very little) marinara sauce.

Ingredients:

4 cups of mixed vegetables, for example:

- 1 carrot, peeled and cut into 2x1/2-inch strips
- 1 medium zucchini, sliced into 1/4-inch slices
- 1/2 small eggplant, sliced into 1/4-inch slices
- 1/2 red onion, sliced into 1/4-inch slices
- 1/2 bell pepper, any color, cut into thin strips
- 3 Tbsp olive oil
- Salt and pepper
- 1/2 teaspoon Italian seasoning
- A smidgen of garlic salt
- 1/4 cup of marinara sauce
- 1 pint of cherry tomatoes, halved
- 1/2 pound pasta (use rice pasta for gluten-free version)
- Grated Parmesan *optional but it must be freshly grated Parm!*



Directions:

1. Bring a large pot of salted water to a boil (for your pasta).
2. Heat oil in a large skillet on medium high heat. Add the vegetables, stir to coat with oil. Cook for about 10 minutes, stirring only occasionally, until vegetables are just cooked. Turn off heat, but let pan stay on the burner.
3. While you are cooking the vegetables, add the dry pasta to the boiling water and follow the cooking instructions for the pasta. You want to time it so that the pasta is done soon after the vegetables.
4. Add a 1/4 cup of the spaghetti, marinara, or tomato sauce to the vegetables, along with 1/4 cup of water to thin the sauce. If you are using a prepared spaghetti or marinara sauce, you don't need to add much seasoning, just a 1/2 teaspoon of Italian seasoning, a few sprinkles of garlic salt, and salt and pepper to taste.
5. Once the pasta is ready - cooked but still a bit firm, or al dente - drain the pasta and put it directly into the skillet with the vegetables. Adjust seasoning. Add more sauce if needed. Gently mix in the cherry tomatoes.

Serve with some freshly grated Parmesan, if you like. A little bit of chopped fresh basil would go nicely with this as well.

“What do you need today?”™