

Pasta Primavera

Ingredients



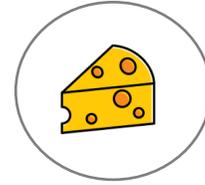
Zucchini and Squash



Pasta



Garlic and Onion



Cheese

Instructions

Prep:

Prep Time: 5-10 minutes

Ingredients:

- 1-2 sliced or diced zucchini and squash
- 1 cup dry pasta
- ½ diced onion
- 1 clove or 1-2 tablespoons minced garlic
- 1 cup shredded cheese

Optional:

- Use an assortment of vegetables such as broccoli, bell peppers, zucchini, summer squash, peas, spinach, carrots, and tomatoes
- Use your choice of cheese or try a combination of your favorite cheeses! This recipe typically uses parmesan, but cheeses like cheddar, mozzarella, and feta go great with this recipe.

Easy Add-Ins and Toppers:

- Add your choice of proteins such as chicken, ham, fish, beans, or tofu
- Add a squeeze of fresh lemon juice to the final dish
- Season with Italian-inspired seasonings such as garlic powder, red pepper flakes and dried rosemary, basil, and oregano
- Add fresh herbs such as parsley or cilantro
- Mix in your favorite salad dressing to the final dish such as Italian dressing or ranch or toss with your own simple dressing made from oil, lemon juice and salt and pepper

Cook:

Cook Time: 15-20 minutes

1. Bring a pot of water to a boil, add pasta and a pinch of salt, then cook for 7-8 minutes or according to package directions. Drain pasta and set aside.
2. Heat some oil or butter in a large pan over medium heat. Add onions and garlic and stir while cooking for 2 minutes, or until tender.
3. Add vegetables to the pan and cook for about 5 minutes until the vegetables are crisp-tender (not too soft, still have a crunch to them).
4. Add the drained pasta to the pan with the vegetables. Remove from heat and sprinkle with cheese. Add any additional seasonings, sauces, or add-ins here.
5. Serve and Enjoy!

Cooking Options:

- Reserve ½ a cup of pasta water before draining. Slowly add the pasta water to pasta and vegetables at step 4. You may not need to use all of the pasta water you reserved, just use enough to add some moisture to the pasta so that it doesn't stick together.