

# Kitchen Buddies

## Pasta Primavera



### Preparation and Tools

### Shopping List

### Recipe

# Preparation and Tools for Pasta Primavera

## Tools:

large stock pot

large frying pan

medium bowl

colandar

slotted spoon

zester

large bowl for serving the pasta

grater for cheese (if using a block of parmesan cheese)

knives

## Prep:

Read the recipe before class starts.

Look up where pasta primavera originated.

What is al dente?

How many different kinds of pasta are there?

Which vegetables are grown in the central valley?

- Most of your vegetables can be cut up a day or two before the day of class. Choose a variety of fresh vegetables (5 or 6 different varieties is a good number) to use in your recipe. Choose different colors as well. Suggestions include: broccoli, carrots, peas, corn, squash, bell peppers-red, yellow or orange, asparagus, cauliflower, spinach, green beans, red onion, tomatoes. Depending on the vegetables you are using cut your vegetables into bite size pieces. Carrots should be shredded or cut into thin strips. Onions and garlic should be minced.
- If you are using bell peppers, cut the vegetable open and remove seeds before slicing into smaller pieces.
- Cut and measure all your ingredients before class begins.
- Gather your tools and equipment before class.

# Pasta Primavera Shopping List

4-5 fresh vegetables from the following list:

broccoli

asparagus

green beans

spinach

zucchini

peas

carrots

bell pepper-red, yellow or orange

summer squash,

corn (frozen or canned)

grape tomatoes (these are separate from the above list)

16 oz pasta (your choice of which shape and kind) I like to use rotini or bowtie (farfalle)

2 Tbs. olive oil

2 Tbs. butter

1 shallot

4 cloves garlic

1 lemon, juiced; zest the peel

red pepper flakes

1 cup vegetable or chicken broth

1/2 cup heavy cream or half and half (you can use milk but the sauce will be more runny)

Parmesan cheese (fresh is much better than the kind you purchase in a can)

Italian flat parsley

1/4 cup fresh basil

Cooked chicken or shrimp as desired.

# Pasta Primavera

makes 8 servings

This recipe can be made with a variety of vegetables. Pick your favorites to use. Ideally, you will want to choose a colorful variety of vegetables. It makes for a beautiful presentation along with a tasty combination of flavors. For a more hearty main dish, add your choice of cooked chicken or shrimp.

16 oz. pasta of your choice

1 Tbs. olive oil

Choose a mix of these or other favorites to total approximately 6 cups of raw veggies

8 oz. asparagus, cut into 1 1/2 pieces

1 yellow bell pepper, cut into 1 1/2 pieces (remove seeds before cutting)

1 cup sliced mushrooms

2 cups small broccoli florets

1 small zucchini or summer squash

salt and black pepper to taste

2 Tbs. butter

1 shallot, minced

4 garlic cloves, minced

zest from 1 lemon

dash of crushed red pepper flakes

1 cup vegetable or chicken broth

1/2 cup heavy cream or half and half

3 Tbs. lemon juice

1/2 cup shredded parmesan cheese

1 1/2 cup halved grape tomatoes

1/4 cup basil leaves, chopped

2 Tbs. Italian flat parsley

1. Bring a large pot of water to a boil. Add 1 Tbs. of salt, 1 Tbs. oil and pasta to boiling water. Cook to al dente stage, according to package directions, stirring occasionally. Drain well. Pour the pasta back into the pot.

2. Meanwhile, in a large skillet, heat the olive oil to medium high heat. Add the asparagus, peppers, broccoli, mushrooms. Saute for 2-3 minutes, stirring occasionally. Add in the zucchini or summer squash and cook for 1-2 minutes or until vegetables are tender, but still crisp\*. (Do not cook the tomatoes—they will be added later, uncooked.) Season vegetables with salt and pepper to taste. Transfer the vegetables to a large plate or bowl.

3. Place the skillet back on the stove. Melt the butter over medium heat. Add the shallot and garlic and cook for 2 minutes. Stir in the lemon zest and vegetable broth. Gently boil until broth reduces by half, about 4-5 minutes. Stir in the cream and 2 Tbs. lemon juice. Add cooked chicken or shrimp as desired.

4. Stir the cooked vegetables into the pasta. Pour the lemon cream sauce over the pasta and vegetables. Stir in the parmesan cheese and remaining 1 Tbs. of lemon juice. Gently stir in the tomatoes and basil. Season with salt and pepper.

5. Pour the pasta primavera into a large serving bowl. Garnish with parsley and extra parmesan cheese.

\*Vegetables requiring longer cooking time should be added first, followed by those that cook more quickly so that they all end up finished at the same time.

adapted from <https://www.twopeasandtheirpod.com/pasta-primavera/>