



Pasta Primavera

SERVINGS: 4

PREPPING TIME: 10 MINS

TOTAL TIME: 15 MINS

INGREDIENTS

- 10 OUNCES OF PREFERRED PASTA
- 2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- 4 GARLIC CLOVES- SLICED
- 1 CUP OF TOMATOES (CHOPPED)
- 1/2 CUP OF RED ONIONS (THINLY SLICED)
- 2 CUP OF VEGETABLE OF YOUR CHOICE SUCH AS:
 - SQUASH
 - ZUCCHINI
 - ASPARAGUS
 - PEAS
 - SPINACH
- 3/4 CUP OF GRATED PECORINO OR PARMESAN CHEESE
- 3 TABLESPOON OF FRESH LEMON JUICE
- PINCH OF RED PEPPER FLAKES
- PINCH OF FRESHLY GROUND BLACK PEPPER
- 1 TEASPOON OF SEA SALT
- FRESH BASIL LEAVES TO TASTE

DIRECTIONS

- BRING A LARGE POT OF SALTED WATER TO A BOIL. PREPARE THE PASTA ACCORDING TO THE PACKAGE INSTRUCTIONS, COOKING UNTIL AL DENTE.
- DRAIN AND TOSS PASTA WITH A DRIZZLE OF OLIVE OIL TO PREVENT STICKING.
- HEAT THE OIL IN A LARGE SKILLET OVER MEDIUM HEAT. ADD THE GARLIC, TOMATOES, ONION, AND VEGETABLES OF CHOICE. SEASON WITH SALT AND PEPPER.
- SAUTÉ FOR 3 TO 4 MINUTES, OR UNTIL THE VEGETABLES ARE TENDER.
- ADD THE PASTA, CHEESE, LEMON JUICE, AND A PINCH OF RED PEPPER FLAKES AND TOSS TO COMBINE. STIR IN THE BASIL.
- SEASON TO TASTE, GARNISH WITH MORE BASIL, AND SERVE.