

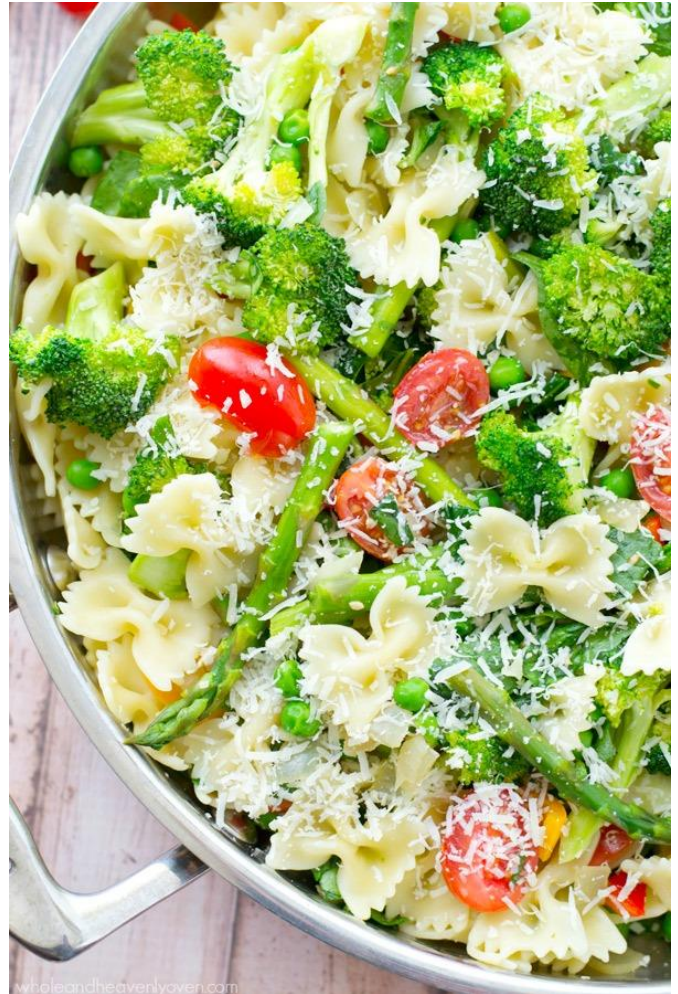
Springtime Veggie Pasta Primavera

Ingredients:

- 1 lb farfalle pasta (or pasta cut of your choice)
- 2 cups fresh broccoli florets
- 2 cups asparagus spears, trimmed and cut into 2-in pieces
- 1 large sweet pepper, diced
- 1 medium onion, diced
- 4 cloves garlic, minced
- 3 tablespoons olive oil
- 1 cup fresh spinach, roughly chopped
- 1 cup frozen peas
- 1 cup cherry tomatoes, halved
- 1/4 cup lemon juice
- 2 tablespoons minced fresh basil
- Salt and pepper to taste
- Grated Parmesan cheese for topping

Directions:

1. Cook pasta according to package instructions, reserving 1/2 cup pasta cooking water. Set aside.
2. In a large skillet over medium-high heat, saute broccoli, asparagus, pepper, onion, and garlic in olive oil until veggies are just tender, about 7-10 minutes. Stir in spinach, peas, and cherries tomatoes and continue cooking an additional 5 minutes.
3. Remove cooked veggies from heat and stir in cooked pasta, 1/2 cup reserved pasta cooking water, lemon juice, and basil. Season with salt and pepper to taste and top pasta primavera with grated Parmesan cheese. Serve warm.



Pasta primaveras just scream SPRING. Best part? They're SO simple and non-fussy. Everything cooks up in the same skillet and 30 minutes later you've got a pan-full of glorious, HEALTHY, and oh-so gorgeous carbs. Pasta primavera can last in the refrigerator for up to 4 days. This recipe includes lots of vegetable variation and it is easy to just switch or alternate vegetables. Whole wheat pasta is also a great variation!