

Pasta Primavera

Ingredients:

150 g	linguini
5 mL	salt
5 mL	cooking oil
200 mL	coarsely chopped broccoli
65 mL	snow peas
125 mL	zucchini julienned
65 mL	frozen peas
½	tomato cut into chunks
15 mL	oil
125 mL	sliced mushrooms
1	clove garlic minced
125 mL	whipping cream
85 mL	parmesan cheese-divided
5 mL	basil
5 mL	parsley
1 mL	salt
1 mL	pepper



Fresh parsley for garnish

Method:

1. Assemble equipment and ingredients.
2. Fill a large pot 2/3 full of water, add 5 mL salt and oil and bring to a full boil.
3. Meanwhile wash and prepare vegetables.
4. When water is boiling, add linguini slowly. Reduce heat so pasta is cooking at a low boil. Stir **occasionally, do not cover**.
5. After 10 minutes, add broccoli, zucchini, snow peas and green peas and simmer for about 4 minutes longer or until pasta is al dente and vegetables are crisp tender. Drain through a colander.
6. In a heavy frying pan, place 15 mL of oil on medium heat. Sauté tomato, garlic and mushrooms until tender.
7. Add all ingredients to the frying pan, reserving 15 mL of parmesan cheese. Toss gently and serve onto a plate. Sprinkle with remaining parmesan cheese and garnish with fresh parsley if desired.