

Pasta Primavera

A flavorful spring recipe that you and your family will savor. Use your favorite spring vegetables from your garden or local farmer's market: kohlrabi, sugar snap peas, carrots, and asparagus are all delicious options.

Makes: 6 servings

Ingredients

- 1 pound whole wheat pasta, uncooked
- 1 tablespoon oil
- 2 cups mixed spring vegetables, chopped (asparagus, peas, green beans)
- 1 cup cherry tomatoes, halved
- 1 tablespoon butter
- ¼ teaspoon garlic powder
- ½ teaspoon black pepper
- 3 tablespoons Parmesan cheese



Directions

1. Cook pasta according to package directions.
2. While pasta is cooking, heat oil in a large skillet over medium heat.
3. Add vegetables and sauté until tender; stir constantly.
4. Add tomatoes and sauté 2 more minutes.
5. Toss vegetables with noodles and butter.
6. Add seasonings; sprinkle with Parmesan cheese.

Recipe from: Utah State University Cooperative Extension, adapted by the USDA Food and Nutrition Administration.

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