

Pasta Primavera

Recipe courtesy of *Diane's Daily Dish*

(NOTE: Use your favorite veggies or whatever is handy)

Ingredients:

- 1 lb. whole wheat pasta; your favorite shape
- 2 tbsp. olive oil
- 1 garlic cloves; minced
- 1/2 medium onion, finely chopped
- ½ cup chopped celery
- ½ cup bell pepper; sliced
- ½ cup zucchini; sliced
- ½ cup broccoli; cleaned, cut in bite sized pieces, blanched or quickly steamed to tender/firm
- 6 large white mushrooms; sliced
- 1 cup grape tomatoes
- ½ cup low sodium veggie or chicken broth
- 1 cup evaporated skim milk
- 1 tbsp. flour
- ½ cup parmesan cheese; grated

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pinch of crushed red pepper
2 teaspoons dried parsley
1 teaspoon dried basil
½ cup parmesan cheese; grated
Freshly ground pepper to taste

Directions:

Preheat oven to 275°

Cook pasta according to package directions, drain and set aside.

Place the oil and garlic in a large sauté pan over medium heat.

When the garlic begins to sizzle, add the onion, celery, bell pepper and zucchini. Cook for about 5 minutes.

Add broccoli, mushrooms, tomatoes and broth, cover and cook until tender, about 5 minutes.

Pour mixture over cooked pasta and stir to combine. Cover and place in oven to keep warm.

In a small bowl, whisk together evaporated skim milk and flour.

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Pour milk/flour mixture into another saucepan, heat and whisk in ½ cup grated cheese, crushed red pepper, parsley and basil. Stir a few minutes until slightly thickened.

Remove pasta and veggies from oven, stir and portion into plates.

Pour sauce over pasta and serve right away.

Top with grated cheese and pepper to taste.

Enjoy!

Serves 6