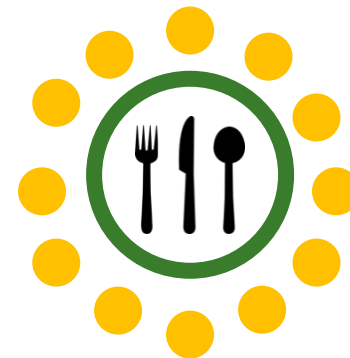


recipe of the week:

Pasta Primavera



ingredients:	directions:
10 oz. Penne pasta	1. Bring a large pot of water to a boil. Cook penne pasta in salted water according to package directions, reserve 1/2 cup pasta water before draining.
Salt	2. Meanwhile heat olive oil in a 12-inch (and deep) skillet over medium-high heat.
¼ cup olive oil	3. Add red onion and carrot and sauté 2 minutes.
½ medium red onion, sliced	4. Add broccoli and bell pepper then sauté 2 minutes.
1 large carrot, peeled and sliced into matchsticks	5. Add squash and zucchini then sauté 2 - 3 minutes or until veggies have nearly softened.
2 cups broccoli florets, cut into matchsticks	6. Add garlic, tomatoes, and Italian seasoning and sauté 2 minutes longer.
1 medium red bell pepper, sliced into matchsticks	7. Pour veggies into now empty pasta pot or a serving bowl, add drained pasta, drizzle in lemon juice, season with a little more salt as needed and toss while adding in pasta water to loosen as desired.
1 medium yellow squash, sliced into quarter portions	8. Toss in 1/4 cup parmesan and parsley then serve with remaining parmesan on top.
1 medium zucchini, sliced into quarter portions	Recipe source: Cooking Classy
3 – 4 cloves of garlic, minced	
1 cup (heaping) grape tomatoes, halved through the length	
2 tsp dried Italian seasoning	
½ cup pasta water	
2 tbsp. fresh lemon juice	
½ cup shredded parmesan, divided	
2 tbsp. chopped fresh Parsley	

Presented by:

