



Visiting Nurse Association
of Northern New Jersey

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Pasta Primavera

Makes 4 servings.

Recipe from Epicurious.

Ingredients

12 oz. bowtie pasta
Extra Virgin olive oil
1 clove of garlic minced
1 cup fresh or frozen peas
1 large carrot, sliced with vegetable peeler into carrot ribbons
1 cup sweet cherry tomatoes, halved
Fresh grated parmesan cheese
Fresh basil to garnish
Salt and pepper to taste

Nutritional info

Calories:	370
Total fat:	11g
Cholesterol:	67mg
Sodium:	182mg
Total Carbs:	56g
Iron:	4mg
Protein:	15g
Dietary Fiber:	3g

Directions

1. Bring a large pot of salted water to boil. Add pasta and mix until all is immersed. Reduce heat to simmer and set timer to package directions. In a large saucepan, or a wok, heat a few tablespoons of olive oil to which clove of garlic has been added.
2. Warm over low heat taking care that garlic doesn't burn. Add the carrots and peas and simmer covered for 4-5 minutes until vegetables become al dente. If vegetables appear dry, you can either add more oil (or be health conscious) and add a few tablespoons of water.
3. When vegetables are al dente, add cherry tomatoes, salt and pepper and a sprinkling of chili flakes to taste. Mix thoroughly and heat through over low heat until pasta is ready (about 3 or 4 minutes) and vegetables are cooked through.
4. Drain pasta into heated bowl. Moisten with a circle or two of olive oil, top with cooked vegetables, basil and grated parmesan cheese.