

PASTA PRIMAVERA

Equipment:

Measuring Spoons
Measuring Cup
3 Qt. Casserole Dish
Wooden Spoon or High Temp Rubber Spatula
Fine mesh strainer

Ingredients:

8 oz. spaghetti or spirals 250 g
1/4 cup butter or margarine 50 ml
2 cups broccoli florets 500 ml
2 cups cauliflower florets 500 ml
3 carrots, cut in julienne 3
2 cloves garlic, minced 2
1 tsp basil 5ml
1/4 cup fresh parsley, chopped 50 ml
2 tbsp oil 25 ml
1/3 cup grated Parmesan cheese, 75ml
salt and pepper

Procedure:

1. Cook pasta
2. Drain and add butter.
3. In a 3-quart (3 L) casserole, combine vegetables, garlic, herbs and oil.
4. Cover.
5. Cook at **P7** 5 - 7 minutes.
6. Let stand 3 minutes.
7. Add pasta and cheese.
8. Toss well.
9. Season to taste with salt and pepper.

Chefs Tip:

During the winter, use all root vegetables for a themed taste