

# PASTA PRIMAVERA

Southern Living

comments

Serve with crusty bread. There are plenty of veggies in this dish so a salad is optional. This is a great meatless, low-fat dish.

notes

If you prepare all the veggies in advance, putting the rest together is easy.

## Ingredients

prepare in advance

**Cut up into 1/2-inch flowerets**

2 C broccoli

**Peel then slice diagonally**

1 large carrot

**Coarsely chop**

1 medium red pepper

1 medium yellow pepper

3 green onions

2 T fresh basil (or 2 tsp. dried)

**Slice**

1/2 lb. fresh mushrooms

**Chop**

1 medium onion (or less)

1-2 large cloves garlic

**Snap off tough ends; remove scales with peeler or knife; cut diagonally into 1-1/2 inch pieces**

1 lb. asparagus

**Measure**

1 T olive oil

1/2 C chicken broth

1 C whipping cream

1/2 tsp. salt

1/4 tsp. fresh ground pepper

1 C grated fresh Parmesan cheese

**Have available**

8 oz. linguine

complete recipe

Sauté mushrooms in a little olive oil, until liquid is gone; set aside.

Combine broccoli and asparagus; salt lightly and steam or micro-wave until crisp-tender. Set aside.

Break the linguine in half, then cook according to directions; drain well; put in large serving bowl.

While linguine cooks, combine the green onions and basil in a pan, with chicken broth, whipping cream, and 1/2 tsp. salt. Bring to a boil and cook over medium-high heat 5 minutes; stir occasionally. Set aside.

In large skillet sauté onion and garlic in 1 T olive oil until tender.

Add carrots and peppers; sauté until crisp-tender; turn heat to low.

Add in rest of vegetables to warm (mushrooms, broccoli, asparagus).

Add in whipping cream mixture to warm.

Pour over linguine and toss.

Sprinkle with Parmesan cheese and ground pepper.

Toss gently.