

Recipe

Pasta Primavera

Prep time: 20 mins

Cook time: 25 mins

Serves: 4



Ingredients:

4 oz “high-protein” penne pasta
1 carrot
1 zucchini
1 red bell pepper
1 medium onion, sliced thin
2-3 cloves garlic, minced
1 cup finely chopped kale
1/2 cup finely chopped tomato
2 Tbsp finely chopped fresh basil
1 Tbsp fresh lemon juice
Salt & pepper, to taste

Steps:

1. Bring 6 cups of water & 1 Tbsp of salt to a boil in a 2 quart sauce pan
2. Meanwhile, julienne* the vegetables.
3. Heat the olive oil in a large sauté pan over medium-high heat. Add the vegetables in the following order: 1) carrots & onions, 5 minutes later 2) zucchini & red pepper, 3 minutes later 3) garlic & kale. Add salt, pepper, & lemon juice. Stir until combined & reduce the heat to medium-low, stirring occasionally.
4. Add the pasta to the water & cook until “al dente” – that is, the pasta is still chewy.
5. Roughly drain the pasta, leaving 1-2 Tbsp of the boiling water to transfer with the pasta to the sauté pan. This step is important because we are not using any type of finishing liquid (like cream or wine).
6. Cook the pasta & veggies together for 5 more minutes, stirring constantly.

Serve with a garnish of freshly chopped tomato & basil. Optional but recommended: add the classic garnish, some fresh-grated Parmesan cheese.

**If that level of labor doesn't work for you, feel free to cut them to be approximately 1/2 of the size of a piece of penne pasta, but they may take up to 2x as long to cook. Why? Less surface area.*