

WEDNESDAY: Pasta Primavera

The local zucchini and other late Spring veggies are starting to turn up at the market up so let's use them. The trick to this pasta is sautéing the vegetables first. It really develops their inherent sweetness and reduces the water content thus not watering down the sauce. This is another opportunity to make it your own by adding your family's favorites.

Serves: 4 Prep: 10-15 Cooking: 15

Ingredients

1 lb dried spaghetti
1 tablespoon olive oil
1 small onion, diced
2 cloves garlic, minced
8-10 mushrooms, sliced
2 zucchini, 2 cups large dice
6-8 asparagus, shaved lengthwise with a vegetable peeler
1 teaspoon kosher salt
½ cup ricotta cheese
¼ cup parmesan, finely grated
freshly ground black pepper
2 tablespoons basil, chopped

Cooking Instructions

Prep Opportunity

Veggies can be chopped ahead.

- 1 Set a pot of water to boil for the pasta.
- 2 Meanwhile, in a large skillet, over medium heat, sauté onions for 5 minutes.
- 3 Add garlic and stir for 30 seconds.
- 4 Add mushrooms and zucchini. Sprinkle with salt and cook, stirring a few times, for 8-10 minutes or until they have lost their water but not their crunch.
- 5 Check water and once boiling add 1 tablespoon of salt and the pasta. Cook 6-7 minutes for al dente.
- 6 Spread the shaved asparagus over the top of the vegetables in the pan and set aside.
- 7 Reserve ½ cup of the pasta water.
- 8 Drain pasta and transfer to the skillet with the vegetables.
- 9 Add ricotta, Parmesan and basil. Loosen the ricotta with a bit of the reserved pasta water if needed. Start with 1-2 tablespoons.
- 10 Toss gently and serve immediately.