

Pasta Primavera

Serves: 4- 1 cup portions

Ingredients	Amounts
Pasta, Cooked	4 cups
Grape Tomatoes, halved	1 cup
Onions, thinly sliced	1 cup
Bell peppers, red/yellow/orange fresh, small diced OR thinly sliced	1 cup
Squash and/or Zucchini, small diced OR thinly sliced	1 cup
Garlic, chopped	4 cloves
Spinach, fresh	2 cups
Oregano, fresh	2 Tbsp
Salt	To taste
Black Pepper	To taste
Parsley, fresh, chopped	¼ cup
Extra Virgin Olive Oil	2 Tbsp
Lemon juice, fresh	¼ cup

Procedures:

- 1. Prepare pasta as directed.**
- 2. Heat oil in sauté pan.**
- 3. Add garlic, onions and let cook for about 3 minutes; add the rest of the vegetables.**
- 4. Continue to sauté for an additional 4-5 minutes (crisp veggies should still be slightly crisp, not mushy).**
- 5. Season with oregano, salt and pepper, toss sauteed veggie mixtures together with cooked pasta in large, dish and finish with EVOO, Parsley and Lemon juice. Set aside**

****This recipe can be created with a variety of vegetables and pastas. Meats/seafood can also be added****

Pasta Dough Serves: 3-4 servings

Ingredients	Amounts
Eggs	2 each
Water	2-4 Tbsp
Salt	1 tsp.
Flour (Semolina, Bread, Durum, etc.)	2 cups

Procedures:

1. Combine ingredients in a bowl and mix well with hands in the bowl; then begin to knead your dough on a lightly floured tabletop.
2. Continue kneading the dough until all ingredients have been thoroughly blended and wrap in plastic wrap and let rest for 20-30 minutes.
3. Divide dough into smaller portions and roll each portion into flat sheets by hand or with pasta machine.
Keep remaining portions wrapped up in plastic to prevent drying out while working with the other portions
4. Cut the sheets of dough into desired width with a knife or pasta machine and form into desired shape.