

Pasta Prima Vera with Lemon/Basil Sauce



We're fortunate to have fresh zucchini, mushrooms and even basil available year-round in most regions of the country. Tonight you'll take advantage of those ingredients with a yummy Prima Vera Pasta.

Seared zucchini rounds, mushrooms, onions and peppers are paired with savory Great Northern beans in a bright lemon/basil sauce.

Preparation time: 40 mins. - Serves 2.

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls, so they are easy to add (and more fun to cook!). Prep items in all boxes below. You'll prep a total of 2 cloves of chopped garlic: 1 in the Lemon Basil Sauce and 1 with the vegetables. You'll perform two different onion preps: 1/3 C. chopped in the Lemon/Basil Sauce and 2/3 C. sliced in the vegetables.

Prima Vera Vegetables

1 tsp. olive oil
one 6" zucchini (sliced into 1/8 " rounds)
1 clove garlic (smashed and chopped)
1 tsp. olive oil
6 medium mushrooms (sliced)
2/3 C. sweet onion (sliced)
2/3 C. red pepper (cut into 1" lengths)

Salads and Dressing

Ingredients for a couple of green side salads

Dressing:

3 T. Extra-virgin olive oil
1/2 tsp. Dijon Mustard
2 T. white balsamic vinegar or rice wine vinegar
1/4 C. low-sodium vegetable broth

Pasta

two 1/2" diameter bundles spaghetti
2 quarts lightly-salted water

Garnish

Garnish:
4 T. shredded Parmesan cheese

Lemon/Basil Sauce-Final Assembly

1 tsp. olive oil
1 clove garlic (smashed and chopped)
1/3 C. sweet onion (chopped)
1 C. low-sodium veggie broth
1/2 C. white wine
2.5 T. lemon juice
2 tsp. granulated sugar

1-1/2 T. cornstarch
combined with
1/3 C. water

1/2 C. fresh basil (chopped)

one 15 oz. can Great Northern Beans (drained and rinsed)



Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Make the salads before you finish the pasta assembly. It's nice to enjoy the pasta as soon as it's finished cooking

Prima Vera Vegetables

1. Measure olive oil into a large sauté pan and heat until oil shimmers. Lay zucchini rounds in the pan and brown on both sides over medium-high heat. Add the garlic and toss until garlic becomes fragrant. Remove from pan. Set aside.
2. Using same pan, add additional oil and brown the mushrooms. Remove from pan and set aside with zucchini.
3. Sear the onion slices and peppers. When the onion begins to brown remove from pan and set aside with mushrooms and zucchini.

Salads and Dressing

Make some green salads: wash some lettuce, slice some cucumber and chop some tomato, and toss them together.

Dressing:

Combine dressing ingredients in a small container with a tight-fitting lid and shake well.

Pasta

1. Slip the spaghetti noodles into the boiling pasta water. Once they've all settled into the boiling water, cook 8 minutes or until the desired tenderness.
 2. Reserve 1/2 C. pasta cooking water and then drain and rinse cooked pasta.
- * You'll use the 1/2 C. pasta cooking water in the finished Lemon/Basil sauce below.

Lemon/Basil Sauce - Final Assembly

1. Using same pan used to cook vegetables, brown 1 clove garlic in oil.
2. Add chopped onion and toss about 1 minute.
3. Add vegetable broth, white wine, lemon juice and sugar. Bring to a boil.
4. Thicken liquid in the pan with cornstarch mixture.
5. Reduce heat to low and cook 5 minutes, stirring occasionally.
6. Add chopped basil and 1/2 C. reserved pasta cooking water (above). Return to a boil. Stir well.
7. Return vegetables to the pan with the sauce. Add beans and cooked pasta and return to a boil. Toss well.

Serve

Serve on plates or in flat pasta bowls. Serve 2-1/2 C. pasta mixture per serving.
Garnish with Parmesan. Serve salads and dressing on the side.

What I've Learned from this Recipe

Overcooking tends to reduce the flavor intensity of fresh herbs. That's why I put the basil into the sauce near the end of the cooking process.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com

