

# Pasta Prima Vera Aglio e Olio

This time of year prima Vera vegetables are simply what you can find in the produce aisle. The mix in this recipe will probably be available in most stores. We're serving this pasta in garlic and olive oil which some call the "Mother Sauce." It is one of the most simple sauces to carry off and is fabulously delicious! You can substitute nearly endless variations of herbs and vegetables to this pasta dish if you wish.

**Preparation time: 40 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients in bowls or on small plates. When everything's ready to go, cooking's a breeze! Prep 6 cloves of chopped garlic for the Aglio e Olio Sauce.

### Pasta and Vegetables

#### Pasta

2 quarts water  
2 C. uncooked penne pasta

#### Vegetables

1 tsp. canola oil  
6 medium mushrooms (washed and sliced in 1/4" slices)

1 tsp. olive oil  
one 8" zucchini (cut in 1/8" rounds)

1/2 C. green bell pepper (cut into 1" chunks)  
1/2 C. red bell pepper (cut into 1" chunks)

1/2 C. frozen peas  
1/4 C. water

2/3 C. canned garbanzo beans (drained)  
3 T. shredded Parmesan

### Salad and Dressing

Ingredients for a green salad

#### Quick Honey/Mustard Dressing:

2 T. olive oil  
3 T. Balsamic vinegar  
1 tsp. prepared mustard  
1 tsp. honey  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1/3 C. low-sodium vegetable broth

### Aglio e Olio Sauce

2 T. good olive oil  
6 cloves garlic (smashed and chopped)  
4 green onions (chopped)  
1/3 C. low-sodium veggie broth  
1/4 C. chopped, fresh basil  
1/4 C. reserved pasta cooking water  
  
Optional: pinch of red pepper flakes

*But First!  
Put Pasta Water on to boil!*

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Making the Aglio e Ooglio Sauce is the final step. The whole dish goes together in about 15 minutes once you've prepped everything.

### Pasta and Vegetables

#### Pasta:

1. Place 2 quarts of water on to boil in a large saucepan.
2. Drop dry pasta into boiling water and cook until tender. (Set a timer and test after 8 minutes.)
3. When pasta is at the desired tenderness, reserve 1/4 C. of the pasta water, then drain and rinse pasta. Set aside.

#### Vegetables:

1. Brown mushrooms in oil in a small sauté pan. Remove from pan and set aside on a plate.
2. Add more oil and brown zucchini slices in the same pan. Remove from pan and set aside with mushrooms.
3. Continue using the same pan. Toss peppers until they begin to brown on the edges. Remove from pan and set aside with mushrooms and zucchini.
4. Measure frozen peas into a small bowl with 1/4 C. water. Microwave 3 minutes and drain off excess water and add to other vegetables. Set aside and continue.

### Salads and Dressing

Make two small green salads on individual plates.

Combine all dressing ingredients in a small jar with a tight-fitting lid. Shake well.

### Aglio e Olio Sauce, Final Assembly and Plate

1. Heat olive oil in a large sauté pan until it begins to shimmer. Add the chopped garlic and chopped green onions to oil and sauté until fragrant.
2. Add broth and reserved pasta water and bring to a boil. Stir in chopped basil and optional pepper flakes.
3. Combine all vegetables, pasta, garbanzo beans and sauce and toss over medium heat until reheated and well mixed. Divide pasta between two plates or pasta bowls.
4. Garnish with shredded Parmesan and serve immediately.

Serve with salad on the side. Fantastico!

### What I've Learned from this Recipe

I've learned that sautéing and searing vegetables separately guarantees they'll be cooked to perfection while preserving their individual flavors and textures.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)