



Pasta Primavera

Submitted by Raegan Hawk '98

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INGREDIENTS

- 1 lb. penne pasta (*gluten-free variety if needed*)
- 2 tablespoons butter
- 1 medium zucchini (*ends cut off*) quartered and cut into ½ chunks
- ½ cup grape tomatoes, sliced in half
- 1 red onion thinly sliced
- 2 carrots, cut into strips (2" long)
- 1 red bell pepper cut into strips (2" long)
- 1 bunch asparagus cut into 2-inch pieces (*NOTE: break tough ends off the asparagus first; the*
- woody end will automatically snap off in the right place*)
- 5 garlic cloves peeled and smashed (*if preferred, you can also use 1/8 tsp of garlic powder in place of each clove*)
- 1 tablespoon dried Italian herb seasoning
- ¼ cup olive oil
- 2 tsps salt
- 2 tsps pepper
- ½ cup shredded parmesan cheese

DIRECTIONS

1. In a gallon-sized plastic storage bag, toss all the veggies, olive oil, herbs, salt, and pepper until well coated. Spread evenly onto two foil-lined cookie sheets.
2. Roast at 450 degrees for 20 min., turning veggies halfway through cooking time.
3. Cook pasta according to package directions. Make sure to generously salt the water and add 2 tsps. of olive oil to the water before bringing it to a boil and putting in the pasta. This will add flavor to the pasta and keep it from sticking together.
4. Before draining your cooked pasta, reserve ½ cup of the hot pasta water and set aside.
5. Drain pasta and toss with butter.
6. Add roasted veggies to the pasta and then stir in reserved pasta water to combine.
7. Toss shredded parmesan cheese throughout, or sprinkle on top to serve.