



Pasta Primavera

Serves six

8 oz. grape or cherry tomatoes – halved
3 TBS Olive oil
2 tsp. ground oregano
1 TBS Balsamic vinegar
2 tsp. sugar
½ a bunch of asparagus – trimmed and cut on the diagonal into three pieces
1 cup snap peas – trimmed and cut on the diagonal into two pieces
12 oz. spaghetti
4 garlic cloves -- minced
½ red bell pepper – cut into thin strips
½ summer squash – cut into thin strips
2 TBS unsalted butter
½ cup shredded Parmesan cheese
Salt and Pepper

- Preheat the oven to 425 degrees. Place the tomatoes into an oven proof dish. Drizzle with ½ a TBS of olive oil, season with salt and pepper and oregano. Roast for 20 minutes.
- Remove the roasted tomatoes from the oven and drizzle with Balsamic vinegar and 2 tsp. sugar. Roast for an extra 20 minutes. Remove from oven and set aside.
- Bring a large pot of salted water to a boil. Add the asparagus and blanch for 2.5 minutes. Fish out with a slotted spoon and place in a bowl of ice water. Add the snap peas into the water and blanch for 2 minutes. Spoon out and place in ice water. Set aside.
- Place the spaghetti into the pot you used for blanching your veggies. Cook per package instructions – al dente – and drain. Shock with cold water. Set aside.
- Heat a large skillet with some ½ a TBS of olive oil. Add the garlic cloves. Cook for 2 minutes until you can smell the garlic, stirring constantly. Add the bell pepper and the summer squash. Mix well and sauté for 4 minutes. Add the asparagus and snap peas. Cook for 2 minutes.

- Form a well in the middle of your veggies and add 2 TBS butter and 2 TBS olive oil. Season with salt and pepper. Mix until butter is melted and the veggies are heated through.
- Add the cooked pasta to the pan and toss to mix well. Add the shredded Parmesan cheese and mix well.
- Transfer the pasta onto a large serving platter. Top with the roasted tomatoes and some extra cheese. Serve.

CALORIES 372.76; FAT 13.53 grs (sat 4.73; mono 6.62; poly 1.30); PROTEIN 12.25 grs ; FIBER 3.9 grs; CARBS 51.03 grs; CHOLESTEROL 14.97 mg; IRON 2.32 mg; SODIUM 891.51 mg; CALCIUM 139.08 mg