
Fusilli Pasta Primavera

Total time: 30 min Yield: 4 servings

Ingredients

1 lb fusilli pasta
1/4 cup canola oil
1 onion (julienned)
2 carrots (washed, peeled, julienned)
1 zucchini (washed, large diced)
2 cup broccoli crowns (washed, chopped)
1 cup mushrooms (cleaned, chopped)
4 clove garlic (sliced)
salt
pepper
3 cup tomato sauce
1 cup heavy cream
2 Tbsp butter
1/2 cup Parmesan cheese (shaved)

Prep Time: 10 min Cooking Time: 20 min Total Time: 30 min

Instructions

Cook pasta according to package directions and set aside.

Add the oil to a large pot on medium heat. Add the onion, carrots, zucchini, broccoli, mushrooms, garlic, salt and pepper to taste; sauté for 7 minutes.

Add the tomato sauce and heavy cream to the cooked vegetables. Bring the sauce to a simmer, about 2 minutes, then add the cooked pasta.

To finish, immediately toss the sauced pasta with butter and shaved Parmesan cheese. Enjoy this veggie-lovers' pasta dish with a crisp green salad and a glass of Chardonnay.

Recipe brought to you by:

Chef Maka Kwon