



Pasta Primavera

This is an easy springtime dish that is loaded with vegetables. There are multiple ways to make vegetable primavera, but I find steaming the vegetables in the oven and bringing the dish together off the stove makes it easier for younger children to help.

Ingredients

1 zucchini	1 lemon
1 red bell pepper	¼ cup olive oil
1 yellow bell pepper	¼ cup grated parmesan cheese
2 cups broccoli florets	1 tsp each dried basil, dried oregano, dried thyme
2 cups grape tomatoes halved	Handful of fresh parsley
1 small red onion	Handful of fresh basil
4 cloves of garlic	8 oz whole wheat penne pasta (about ½ box)

Alternate vegetable options: asparagus, yellow squash, sugar snap peas, peas, carrots, cauliflower, artichokes, edamame

Equipment

Foil	Knife and cutting board (with help of adult)
Large bowl	Strainer/colander
Rimmed baking sheet	Quart sized freezer resealable storage bag
Large stock pot	Knife *have an adult help
Wooden spoon	Cutting board
Measuring spoons	
Measuring cups	

Directions

1. Preheat oven to 425 degrees
2. Wash all vegetables.
3. Thinly slice onions, peppers and zucchini into matchsticks. Finely dice garlic.
4. Combine zucchini, peppers, broccoli, tomatoes, onion, garlic, olive oil, dried basil, oregano and thyme in a large bowl. Use hands to combine.
5. Place vegetable mixture on rimmed baking sheet and cover tightly with foil, place in a 425-degree oven for 20 minutes or until fork tender.
6. Meanwhile, cook pasta according to the directions on the package. Drain pasta and reserve 1 cup of the pasta cooking liquid.
7. Place a stock pot on a heat safe surface. Add pasta back to the stock pot, add vegetables and parmesan cheese. Add the juice of 1 lemon. Stir to combine, add reserved pasta cooking water as needed.
8. Toss pasta vegetable mixture with fresh herbs. Serve immediately.

:) Little Helpers: Kids can gather ingredients and choose which veggies to cook. Allow them to mix the veggies before steaming and combine all the ingredients in the stock pot at the end. An easy task for young ones is tearing up and adding the fresh herbs.



Nutrition: This dish is a great way to introduce new vegetables or use up some extra ones you have in the fridge. Loaded with fiber, vitamin C and phytochemicals. Research shows that diets high in fruits and vegetables may reduce the risk of chronic disease. This pasta is an opportunity to show kids the fun and importance of “eating the rainbow”.