

## Pasta Primavera – Pasta with Fresh Vegetables

Ingredients	Preparation
<p>1 Onion, chopped or thinly sliced            1 Garlic clove, chopped            5-6 leaves fresh Basil, chopped            Dash Oregano            Salt/Pepper, to taste</p> <p>Pick any combination of vegetables from the following (we recommend at least three: 1 red, 1 green, and 1 yellow/orange):</p> <p>1-2 Zucchini, deseeded and cubed            1/2 bunch Asparagus, tips whole &amp; stalks in rounds            1 cup Broccoli Florets            1/2 cup Peas            1/2 cup Chopped Spinach            1 Bell Pepper (any color), cubed            1 large Tomato or 1 cup cherry tomatoes, cubed or halved            1-2 Yellow Summer Squash, deseeded, cubed            2-3 Carrots, peeled and cubed</p>	<ol style="list-style-type: none"> <li>1. Start by selecting and prepping your chosen vegetables. Set them aside and begin to gently sauté the onions until translucent and soft. Add the chopped garlic and when soft, but not browned. Then, begin to add your selected vegetables. Depending on your selection your order may vary, but start first with the ‘hardest’ vegetables like carrots, and add progressively ‘softer’ vegetables, arriving at the zucchini and summer squash towards the end. Keep any tomato cubes or cherry tomatoes for last, or even the very end just before serving.</li> <li>2. While your vegetables cook, bring a pot of salted water to a boil, and cook your pasta of choice as necessary. When draining, keep the liquid to help make a creamy primavera sauce. Mix some olive oil into your pasta so it doesn’t stick together and set aside.</li> <li>3. When your vegetables are almost cooked to your preference (we prefer starting to soften, but still have a little crunch to them so they are not mushy), begin to add a few spoons of pasta water, stirring constantly until the vegetables are cooked. Add your basil, oregano if desired, and salt and pepper to your taste. If you kept your tomatoes aside for the very end, add them now.</li> <li>4. Lastly, add in your pasta to the vegetables and stir well to mix it all together. Serve with grated parmesan on top and pair with a glass of fresh sauvignon blanc.</li> </ol>

<p><b>To Serve:</b> Tjarin, Lasangette, or Green Nettle Pasta Grated Parmesan, if desired</p> <p><b>Suggested Wine Pairings:</b></p> <ul style="list-style-type: none"> <li>- Michi Lorenz   Sauvignon Blanc Klassik   Natural Wine   Organic Biodynamic</li> <li>- Michi Lorenz   Schist Happens Sauvignon Blanc   Natural Wine   Organic Biodynamic</li> <li>- Michi Lorenz   Halo Sauvignon Blanc   Natural Wine   Skin Contact Orange   Organic Biodynamic Single Vineyard</li> <li>- Thaya   Sauvignon Blanc   Natural Wine   Organic Late Harvest Single Vineyard</li> <li>- Vigna Petrusa   Sauvignon Blanc</li> </ul>	
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A vegetarian pasta dish called pasta primavera combines pasta with seasonal, fresh veggies. The Italian word "primavera" (which translates to "spring") refers to the season in which these particular vegetables are in season, but we also love to make this dish into the summer months, changing a bit your choice of vegetables. In fact, that is the beauty of this dish is its versatility and how depending on the season and what your local farm has available fresh, you can change this dish as needed!