

Pasta Primavera

Makes 4 Servings

INGREDIENTS

1 cup Carrot,peeled and cut into thin strips
1 cup Zucchini,sliced into thin slices
1/2 Eggplant, sliced into thin slices
1/2 Red Onion, sliced into thin slices
1/2 cup Bell Peppers, any color, cut into thin strips
3 Tbsp Olive Oil
Salt And Pepper
1/2 tsp Italian Seasoning
1/4 tsp Garlic Salt
1/4 cup Marinara or your favourite tomato sauce
1 pint Cherry Tomatoes, halved
4 servings of cooked pasta - your choice!
Parmesan, Grated, Optional

DIRECTIONS

- 1 Bring a large pot of salted water to a boil (for your pasta).
- 2 Heat oil in a large skillet on medium high heat. Add the vegetables, stir to coat with oil. Cook for about 10 minutes, stirring only occasionally, until vegetables are just cooked. Turn off heat, but let pan stay on the burner.
- 3 While you are cooking the vegetables, add the dry pasta to the boiling water and follow the cooking instructions for the pasta. You want to time it so that the pasta is done soon after the vegetables.
- 4 Add a 1/4 cup of the spaghetti, marinara, or tomato sauce to the vegetables, along with 1/4 cup of water to thin the sauce. If you are using a prepared spaghetti or marinara sauce, you don't need to add much seasoning, just a 1/2 teaspoon of Italian seasoning, a few sprinkles of garlic salt, and salt and pepper to taste. If you are using a plain tomato sauce, you might want to start out cooking the vegetables by cooking a minced clove of garlic first, and then adding the vegetables, and then add a bit more of the seasoning (to taste). Spaghetti and marinara sauces are already seasoned.
- 5 Once the pasta is ready - cooked but still a bit firm, or al dente - drain the pasta and put it directly into the skillet with the vegetables. Adjust seasoning. Add more sauce if needed. Gently mix in the cherry tomatoes.