

Recipe Corner

Pasta Primavera



Ingredients:

- 2 tablespoons extra virgin olive oil
- 8 ounces mushrooms, stems removed and sliced
- ½ lb. asparagus, tough stems removed, cut into 1" pieces on the bias
- 1 large leek, dark green tops removed, washed, halved, and sliced into half moons*
- 1 cup fresh or frozen peas, thawed if frozen
- 3 cloves garlic, minced
- 4 cups low sodium chicken or vegetable stock
- 8 ounces dried pasta (I used orrechiette)
- 3 tablespoons heavy cream
- 2 tablespoons fresh lemon juice
- ¼ cup freshly grated parmesan cheese
- 1 tablespoon lemon zest
- Salt and pepper, to taste
- Zest from 1 lemon

Directions:

1. Heat a large skillet with 1 tablespoon of olive oil over medium heat. Add the sliced mushrooms and pinch of salt and sauté until browned and somewhat softened, about 5 minutes.
2. Add the remaining tablespoon of oil to the pan, and add the asparagus, leek, peas, and garlic, and sauté until the asparagus is crisp tender, about 2-3 minutes. Place the veggies in a bowl and set aside.
3. Add the stock to the pot and scrape any bits from the bottom of the pan. Add the pasta, heavy cream, and lemon juice, and stir. Bring to a boil, and cook at a high simmer until the pasta is tender, about 12 minutes depending on the type of pasta used. Stir the veggies into the pot during the last few minutes of cooking time for the pasta so the flavors can meld together. When the pasta is finished cooking, there will still be some liquid that hasn't been absorbed -- it will be absorbed as the pasta sits after cooking.
4. Stir in the parmesan cheese and lemon zest, and taste. Season with salt and pepper as needed.