

January 3, 2014

RECIPE: Pasta Primavera Vinaigrette

Linguine with Broccoli, Carrot, Asparagus, Mushrooms, Bell Peppers and Green Onions tossed in a Lemon Basil Vinaigrette

Servings: 4

Type: Entree

- 1 1/2 cups broccoli florets
- 1/2 carrot, large, julienne
- 1/2 pound asparagus
- 8 ounces linguine, dry
- 4 tablespoons lemon juice, fresh
- 1 tablespoon rice vinegar, seasoned
- 1 clove garlic, large
- 3 tablespoons basil, fresh, minced
- 1 teaspoon lemon pepper
- 1 teaspoon Dijon mustard
- 9 tablespoons olive oil - salt and pepper, to taste
- 6 ounces mushrooms, sliced
- 1 cup Parmesan cheese, grated
- 1/2 red bell pepper, julienne
- 1/2 yellow bell pepper, julienne
- 1 green onion, sliced

Separately blanch broccoli, carrots, and asparagus briefly in boiling, salted water. Refresh in ice water to stop the cooking process. Place in separate ziplock bags and store in the refrigerator.

Cook the linguine in lots of boiling, salted water until tender and refresh in ice water. Then drain and store in a container in the refrigerator.

Mix together the lemon juice, rice vinegar, garlic, minced basil, lemon pepper, Dijon mustard, and olive oil. Season to taste with salt and pepper. Place in a small container and store in the refrigerator.

Store mushrooms in a small brown paper bag in the refrigerator.

Store Parmesan, julienne bell peppers, and green onions in separate ziplock bags in the refrigerator.

Cooking instructions:

Heat the pasta by dipping into hot water for about 30 seconds, then drain. Toss pasta with vegetables and vinaigrette and heat in the microwave until heated throughout, tossing occasionally to distribute the heat evenly. Garnish generously with Parmesan and freshly ground black pepper.

Serving Suggestions:

Parmesan Bread Strips / French or Italian Bread