

Pasta Primavera with Light Marinara Sauce

Seaway Trackers
BOCES Seaway Technical Center; High School Division



2013

Ingredients:

28 oz can	Tomatoes, Crushed
6	Garlic Cloves*
2 Tbsp	Basil, Fresh
2 tsp	Thyme, Fresh
1 tsp	Rosemary, Dried
1 Tbsp	Olive Oil
2 tsp	Salt
2 tsp	Pepper
3 tsp	Olive Oil
3	Garlic Cloves*
1 tsp	Lemon Juice
12 oz box	Whole Wheat Rotini Pasta**
2	Zucchini, Small, Halved & Cut into ½ inch thick slices
1	Green Pepper, Medium, Chopped
2	Carrots, Small, Peeled, Sliced to 1/8 inch thick coins*
3 cups	Broccoli, Frozen**
8	Green Onions, Thinly Sliced (about ½ cup)
1 8 oz	Brick Cheddar Cheese, Low-fat, Shredded
16	Parsley Sprigs

Directions:

Start Sauce:

1. Mise en place- Finely chop and measure basil, thyme, rosemary. The measure olive oil, salt, pepper in separate containers.
2. In a medium size sauce pan heat the canned crushed tomato on medium heat.
3. Add salt and pepper to the crushed tomatoes and stir, simmer for 8-10 minutes.
4. Add the herbs and stir.
5. Simmer/stir for 10 minutes.
6. Set sauce aside and cover with lid.

Start on the pasta for primavera:

1. In a sauce pan heat 6 cups of water until boiling.
2. Mash 3 cloves of garlic with the back side of a knife, then chop fine.
3. Combine oil, garlic and lemon juice in a small bowl and set aside.
4. Then cut zucchini, pepper, onion and carrots to sizes stated above and measure ingredients in separate bowls, set aside.
5. Once water comes to a boil add pasta, cook 5 minutes then add zucchini and pepper to the pasta pan.
6. Then cook ingredients for 3 minutes until pasta is al dente.
7. Drain pasta and vegetable, rinse under warm water and drain. Return pasta and vegetable to the sauce pan, blend green onion, basil, and oil mixture, stir.
8. Add the sauce to the pasta and return to heat.
9. Heat until 165 degrees then add broccoli.
10. When heated to 165 degrees plate 4-8 oz to each plate, place shredded cheese on top of the primavera, take 4 sprigs of parsley to garnish each plate.

*Local Product

**Commodity (USDA) Product

