
Pasta Primavera II

Windsor Family Cookbook

Windsor Vineyards, Windsor CA

Servings: 4

2 small zucchini, cut in sticks or slices
6 asparagus spears, in one-inch lengths
1 cup peas
1 cup broccoli flowerets
1/3 cup olive oil
1/2 cup onions, chopped
4 cloves garlic, minced
2 cups tomatoes, peeled and sliced
1/2 cup chicken broth
1/4 cup fresh basil leaves, chopped
1 package fettucine
1 1/2 cups Parmesan cheese, grated
salt (to taste)
pepper (to taste)

In a large pan of boiling water, cook each of the vegetables (zucchini, asparagus, peas, broccoli) separately until just al dente. Remove with a slotted spoon and set aside.

Saute' the onions and garlic in the olive oil. Add the tomatoes and salt and pepper to taste. Reduce the heat and cook for 10 minutes, stirring frequently.

Add the chicken stock and reserved green vegetables. Cook for 5 more minutes. Stir in the chopped basil and keep warm.

Cook the pasta in boiling salted water to desired doneness. Drain and combine with the sauce and grated cheese.

Pasta

Per Serving (excluding unknown items): 463 Calories; 28g Fat (53.3% calories from fat); 21g Protein; 34g Carbohydrate; 6g Dietary Fiber; 24mg Cholesterol; 675mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 2 Vegetable; 4 Fat.