
Vegetarian Angel Hair

*Chef Frank Caldwell - Chef Caldwell's Restaurant - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

Servings: 8

vegetable cooking spray
2 teaspoons olive oil
1 cup fresh broccoli flowerets
1 cup fresh cauliflower flowerets
1 cup carrots, julienned
1 cup zucchini, julienned
1 tablespoon + 1 teaspoon minced garlic
1 cup snow pea pods, trimmed
1/4 cup chicken broth (no salt added)
1 cup cherry tomatoes, halved
8 ounces uncooked angel hair pasta
2 tablespoons pine nuts, toasted
2 tablespoons parsley, chopped

Coat a large nonstick skillet with cooking spray. Add oil.

Place over medium-high heat until hot.

Add the broccoli, cauliflower, carrot, zucchini and garlic. Saute' for 4 minutes. Stir in the snow peas and chicken broth. Cover. Reduce the heat. Cook for 6 minutes.

Stir in the tomato halves. Cook an additional 3 minutes.

Cook the pasta according to package directions, omitting the salt and fat. Drain.

Add the pasta to the vegetable mixture, tossing well.

Sprinkle in the pine nuts and parsley.

Serve immediately.

Pasta

Per Serving (excluding unknown items): 42 Calories; 2g Fat (46.6% calories from fat); 2g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat.