



Pasta Primavera

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 5 servings | Serving Size: $\frac{1}{5}$ th of the recipe

Ingredients

2 tablespoons oil
4 cups (32 ounces) no-salt-added chicken broth
8 ounces whole-wheat linguine, uncooked
1 small onion, thinly sliced
1 pound fresh or frozen broccoli florets (about 6 cups)
1 pound fresh or frozen asparagus, ends snapped off and cut into 2-inch pieces
8 ounces white button mushrooms, sliced
4 cloves garlic, minced (about 2 teaspoons)
 $\frac{1}{4}$ teaspoon crushed red pepper flakes
 $\frac{1}{2}$ teaspoon ground black pepper
 $\frac{3}{4}$ cup frozen peas
 $\frac{1}{4}$ cup heavy whipping cream
2 tablespoons grated Parmesan cheese
2 teaspoons freshly grated lemon zest

Directions

1. Add the oil, broth, linguine, onion, broccoli, asparagus, mushrooms, garlic, red pepper flakes, and black pepper to a large pot.
2. Set the pot over high heat and bring to a boil.
3. As soon as the liquid comes to a boil, set a timer for 7 minutes.
4. Toss the ingredients in the pot constantly with long-handled tongs.
5. Once the 7 minutes is up, add the peas, heavy whipping cream, Parmesan cheese, and lemon zest.
6. Continue cooking, tossing frequently, until the pasta and veggies are tender.
7. Remove the pot from heat. Note that much of the liquid will have evaporated, but not all.
8. Let the pasta sit for a couple minutes to cool slightly. The sauce will continue to thicken during this time.
9. Serve warm.

Nutrition Facts Per Serving: Calories: 325 | Total Fat: 10 g | Saturated Fat: 2.5 g
Sodium: 100 mg | Total Carbohydrate: 49 g | Dietary Fiber: 7 g | Protein: 14.5 g

Inspired by a recipe submitted by Christina Corkern RD, LD/N
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