**Pasta Primavera**

**Ingredients:**

150 g linguini

5 mL salt

5 mL cooking oil

200 mL coarsely chopped broccoli

65 mL snow peas

125 mL zucchini julienned

65 mL frozen peas

½ tomato cut into chunks

15 mL oil

125 mL sliced mushrooms

1 clove garlic minced

125 mL whipping cream

85 mL parmesan cheese-divided

5 mL basil

5 mL parsley

1 mL salt

1 mL pepper

Fresh parsley for garnish

**Method:**

1. Assemble equipment and ingredients.
2. Fill a large pot 2/3 full of water, add 5 mL salt and oil and bring to a full boil.
3. Meanwhile wash and prepare vegetables.
4. When water is boiling, add linguini slowly. Reduce heat so pasta is cooking at a low boil. Stir ***occasionally, do not cover.***
5. After 10 minutes, add broccoli, zucchini, snow peas and green peas and simmer for about 4 minutes longer or until pasta is al dente and vegetables are crisp tender. Drain through a colander.
6. In a heavy frying pan, place 15 mL of oil on medium heat. Sauté tomato, garlic and mushrooms until tender.
7. Add all ingredients to the frying pan, reserving 15 mL of parmesan cheese. Toss gently and serve onto a plate. Sprinkle with remaining parmesan cheese and garnish with fresh parsley if desired.