

Pasta Primavera

WINTER RECIPE: SERVES 2

Ingredients

- 1 cup broccoli florets*
- 1 cup sliced carrots*
- 1 cup sliced zucchini
- 1 cup pasta noodles (like macaroni, spiral, or penne)

For the Sauce:

- 1 tablespoon flour
- 1 tablespoon butter
- 1 cup skim milk
- 1/4 teaspoon dried basil
- 1/8 teaspoon black pepper
- 2 tablespoons parmesan cheese

Preparation

1. Cook pasta according to package directions.
2. Rinse broccoli florets with cold water and place with carrots in a steamer basket.
3. Put the steamer basket in a saucepan filled with 1 inch water.
4. Bring to a boil; cover and steam for 2 minutes. Add zucchini and steam for another 2-3 minutes.
5. Take vegetables out of steamer and place in mixing bowl.
6. In a small saucepan melt butter; whisk in flour.
7. Gradually add in milk, basil, and pepper. Cook over medium heat, stirring constantly, until sauce thickens.
8. Remove sauce from the heat and stir in parmesan cheese.
9. Pour sauce over the vegetables, add in cooked pasta and mix gently until combined.

** Enjoy these Texas ingredients during the spring, when they are the tastiest!*

