

## **Pasta Primavera**

By Chef Valerie Jankovich

### **Ingredients:**

\*Amounts will vary depending on what you have and how many you are cooking for

- Dried Pasta (White, Whole Wheat, or Gluten Free)
- Canned Tomatoes
- Diced White Onion
- Diced Bell Peppers
- Shredded Carrot
- Granulated Garlic (can substitute for fresh garlic if available)
- Dried Parsley
- Dried Oregano
- Dried Red Chili Flakes
- Salt
- Pepper
- Olive Oil

### **Method**

- Bring a large pot of water to a boil, add approximately 1 tablespoon of salt.
- Drop noodles into the boiling water, cook until al dente (approximately 5-8 minutes depending on the size and type of pasta). Pasta should have a slight bit of chewiness to it. Strain the pasta, coat lightly with olive oil.
- Heat a large sauté pan; add in 1-2 tbsp. of olive oil, put in the white onions to cook. Sauté until translucent (1-2 minutes). Then add in the bell peppers and carrots, Sautee until slightly tender. Season with Salt and Pepper.
- Once vegetables are desired doneness add in the canned tomatoes. Then add in the garlic, parsley and oregano.
- Once the pasta comes to a boil stir in your warm noodles. Cook until hot, finish with chili flakes (add more or less depending on desired spiciness). Check seasoning and add more salt and pepper if needed.
- Serve dish with shredded cheese if available and desired.