



THE ingles TABLE

with Sweet Memories Cooking
Penne Pasta Primavera with Fresh Vegetables

Shopping List

- 2 cups uncooked penne pasta
- Butter, olive oil
- 1 medium onion, diced
- 1 large carrot, thinly sliced
- 1 1/2 cups broccoli florets
- 1 red bell pepper, cut into strips
- 1 cup asparagus or zucchini, cut into bite size pieces
- 3 cloves of garlic, minced
- 3/4 cup chicken broth
- Juice from 1 lemon, about 1/4 cup
- Salt & pepper, to taste
- Parmesan cheese
- Fresh minced Italian parsley

Cooking Instructions

1) Bring a pot of salted water to a boil and cook the penne to just before al dente, about 1 minute less than the package instructions. Reserve 1 cup of pasta water, drain and set aside.

2) Meanwhile, heat 2 tbsp. of butter and 2 tbsp. of olive oil in a large skillet over medium heat.

3) Add onion, and cook until translucent, 1-2 minutes.

4) Stir in vegetables in the following order, cooking and stirring 1-2 minutes after each addition: Carrots, Broccoli, Red Bell Pepper, Asparagus or Zucchini, Minced Garlic. *Add another tbsp. of butter to the skillet if it starts to look a little dry. Season with a little salt and pepper, transfer to a plate.

5) To the skillet, add a tbsp. of butter, 3/4 cup chicken broth, 1/4 cup lemon juice, and 1/4 cup pasta water. Bring to a boil and simmer until slightly reduced, about 2 or 3 minutes.

6) Stir in the pasta and continue to simmer, until sauce is reduced by half, about 3 or 4 minutes.

7) Stir in vegetables and season with salt and pepper, garnish with fresh parsley. Serve with lemon wedges, if desired.



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