

What do do with all these veggies?

July 31, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



Farmers markets are still thriving in the tristate area. I love picking up all the fresh fruits and veggies! But what to do when you have too many? Here is one of my fave pasta recipes with a twist. Pasta primavera is not only a great summer dish but also great to add in any leftover veggies you have. Let's get cooking...

Serves: 6 -8 Total time: 20 minutes

- 2 Large Cloves of Garlic
- 1 Zucchini sliced in half moon
- 2 Bell Peppers chopped large chunks

- 1/2 white Spanish onion – small dice – red works well too
- 1 Cup Grape tomatoes sliced in half
- 1/2 Cup Frozen Peas
- 1 packaged Spaghetti – any pasta works
- 1/2 tsp crushed red pepper
- 1/2 cup of cream cheese
- 1 small bunch basil or parsley – optional for garnish
- Parmesan for garnish

Get a large pot of water and bring to a roiling boil. Add a generous amount of salt, this is the first step to seasoning your dish. Once at a boil cook pasta based on instructions. While that is happening grab a skillet and set to medium heat. Drizzle a little olive oil just to coat bottom. Add in onion, garlic and red crushed pepper. Cook for about 3-4 minutes. Season with salt and pepper, add in red pepper and sauté another 2 minutes. In your skillet create a well pushing everything to the edges. In the center add in tomatoes, peas and zucchini. Sauté 3 -5 minutes just until slightly cooked. Push everything again to edges and in center add in cream cheese. Grab a ladle or large spoon and add in one spoon full of pasta water. Pasta water is starchy and will bring the sauce together. Mix everything really well and taste for seasoning, adjust if needed. Pasta should be cooked, strain and add in. Stir really well. Drizzle in parmesan cheese and stir again. Pasta should be nice and creamy. If you don't want the creaminess leave out cream cheese and just add pasta with a little pasta water, stir well and top off with a drizzle of good olive oil. If sauce become too thick you can always add in a little more pasta water. Feel free to add in any extra veggies you have.... just sauté with everything. Shrimp and chicken go really well with this dish. Feel free to adjust and create your own twist to this delicious recipe. Once done, garnish with extra parmesan and basil! Serve hot and enjoy!