

Spring Pasta Primavera

INGREDIENTS

- 12 oz pasta (penne, farfalle, or fusilli)
- 1 zucchini, cut into thin matchstick strips
- 1 yellow squash, cut into thin matchstick strips
- 1 red bell pepper, cut into thin matchstick strips
- 1 small carrot, peeled and cut into thin matchstick strips
- 1 small red onion, sliced into thin strips
- 1 heaping cup broccoli florets, chopped into small, bite-sized pieces
- 1 cup cherry tomatoes, halved
- 2 tbsp olive oil
- Salt & pepper
- 3 cloves minced garlic

Protein Options (choose one):

- 2 chicken breasts or 1/2 lb shrimp, or chicken sausage
- 1/2 cup Italian dressing (for marinade)
- 1 can white beans, drained and rinsed (vegetarian option)

For the sauce:

- 2 tbsp white balsamic vinegar or juice of one lemon
- 1/4 cup grated parmesan
- 2 tbsp butter or olive oil
- 1/4 cup reserved pasta water
- Optional: 2 tbsp cream or half-and-half

To finish:

- Fresh basil or parsley
- Extra parmesan or crumbled goat cheese
- Lemon wedges

DIRECTIONS

1. Preheat grill to medium-high heat and start boiling a large pot of salted water (on the stove or directly on grill grates).
2. Marinate your chicken or shrimp in Italian dressing and set aside.
3. Cut all vegetables into thin strips or bite-sized pieces and toss with olive oil, salt, and pepper.
4. Grill veggies in a grill basket for 10-12 minutes, tossing occasionally; add garlic for the last 2-3 minutes.
5. Grill marinated protein until fully cooked (chicken: 4-5 min per side, shrimp: 2-3 min per side), then slice or chop.
6. Cook pasta until al dente; reserve 1/4-1/2 cup pasta water, then drain.
7. In a large pot, melt butter or warm olive oil, then stir in white balsamic, pasta water, parmesan, and cream (if using).
8. Add pasta, grilled veggies, and protein to the sauce and toss to coat.
9. Serve with fresh herbs, lemon wedges, and extra cheese. Enjoy warm or at room temp.