

Pasta Primavera With Gremolata

Pampered Chef
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Method

-Zest the lemon with the Microplane® Zester. Juice half of the lemon with the Juicer to measure 2 tbsp (30 mL). Add the lemon zest, juice, and remaining gremolata ingredients to the Manual Food Processor and process until the mixture resembles a paste, scraping down the sides as needed.

-Use the Quick Prep Food Grater fitted with the slicing blade to slice the onion and squash. Use the fine grating blade to grate the Parmesan. Place the tomatoes into the Close & Cut and use the Coated Chef's Knife to cut them in half. Cut the asparagus into thirds.

-Heat the oil in the Stainless Steel Nonstick Wok over medium-high heat for 3–5 minutes. Add the onion, salt, and pepper, and cook for 3–4 minutes. Add the tomatoes and cook for 1–2 minutes, or until the veggies are softened, stirring occasionally.

-Break the pasta into thirds. Place the pasta and water into the wok and gently mix with the Large Chef's Tongs. Place the asparagus and squash on top of the pasta. Cover with the lid and reduce the heat to medium-low. Cook for 7–8 minutes, or until the pasta is al dente and veggies are cooked.

-Add the gremolata and stir to coat. Serve with the grated Parmesan.

Yield:

8 servings

Nutrients per serving:

U.S. nutrients per serving (1 cup/250 mL): Calories 270, Total Fat 11 g, Saturated Fat 2 g, Cholesterol 5 mg, Sodium 270 mg, Carbohydrate 35 g, Fiber 2 g, Sugars 5 g, Protein 8 g

Cook's Tips:

To break the pasta into thirds without making a mess, wrap it in a clean, dry towel and twist to break.

Gremolata is an Italian condiment that's usually made with lemon zest, garlic, parsley, and anchovy. Our version omits the anchovy and adds a subtle peppery note with arugula.



Ingredients

- 1 lemon
- 1 cup (250 mL) parsley leaves
- 1 cup (250 mL) arugula
- 2 garlic cloves, pressed
- 3 tbsp (45 mL) olive oil
- ¼ tsp (1 mL) salt
- ⅛ tsp (0.5 mL) black pepper
- ½ onion
- 1 large yellow squash or 2 small
- 1 oz. (30 g) fresh Parmesan cheese (½ cup/125 mL grated)
- 1 cup (250 mL) grape tomatoes
- 1 bunch asparagus, trimmed
- 1 tbsp (15 mL) olive oil
- ¼ tsp (1 mL) salt
- ⅛ tsp (0.5 mL) black pepper
- 8 oz. (250 g) angel hair pasta
- 1¾ cups (425 mL) water



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4.9 ★★★★★

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