



Pasta Primavera

READY IN



60 min.

SERVINGS



6

CALORIES



808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb asparagus trimmed cut into 1-inch pieces
- 0.8 cup peas frozen thawed
- 1 tablespoon balsamic vinegar
- 0.3 cup basil fresh finely chopped
- 0.3 cup parsley fresh finely chopped
- 2 teaspoons garlic minced
- 1.5 pints grape tomatoes
- 0.3 lb haricots verts trimmed cut into 1-inch pieces (preferably haricots verts)
- 0.7 cup cup heavy whipping cream

- 1 teaspoon lemon zest fresh finely grated
- 1 oz morel mushrooms dried
- 4 tablespoons olive oil extra virgin extra-virgin
- 1 cup parmesan finely grated
- 6 servings parmesan
- 1.5 oz pinenuts lightly toasted
- 0.5 teaspoon pepper dried red hot
- 1 lb spaghettini thin (spaghetti)
- 0.3 cup butter unsalted
- 1.5 cups water
- 3 tablespoons water

Equipment

- bowl
- frying pan
- paper towels
- pot
- sieve
- slotted spoon
- colander

Directions

- Soak morels in warm water in a small bowl 30 minutes. Lift mushrooms out of water, squeezing excess liquid back into bowl.
- Pour soaking liquid through a sieve lined with a dampened paper towel into a small bowl and reserve. Rinse morels thoroughly to remove grit, then squeeze dry. Discard any tough stems. Halve small morels lengthwise and quarter larger ones.
- Cook asparagus and beans in a 6- to 8-quart pot of boiling salted water , uncovered, 3 minutes.

- Add peas and cook until beans and asparagus are just tender, about 1 to 2 minutes more. Immediately transfer vegetables with a large slotted spoon to a bowl of ice and cold water to stop cooking, reserving hot water in pot for cooking pasta.
- Drain cooled vegetables in a colander.
- Cook 1 teaspoon garlic and a rounded 1/4 teaspoon red pepper flakes in 2 tablespoons oil in a 10- to 12-inch heavy skillet over moderately low heat, stirring, just until garlic is fragrant, about 1 minute.
- Add drained vegetables and salt and pepper to taste and cook, stirring, 2 minutes, then transfer to a bowl. Reserve skillet.
- Cut half of tomatoes into quarters and halve remainder lengthwise, keeping quarters and halves separate. Cook remaining teaspoon garlic and remaining rounded 1/4 teaspoon red pepper flakes in remaining 2 tablespoons oil in skillet over moderately low heat, stirring, just until garlic is fragrant, about 1 minute.
- Add quartered tomatoes with salt and pepper to taste and simmer, stirring occasionally, until tomatoes are softened, about 3 minutes.
- Add halved tomatoes, vinegar, and water and simmer, stirring occasionally, until sauce is thickened and halved tomatoes are softened, 3 to 4 minutes. Keep tomatoes warm.
- While tomatoes are cooking, return water in pot to a boil and cook spaghettini until al dente.
- Drain in a colander. Immediately add butter, cream, zest, and morels to empty pasta pot and simmer gently, uncovered, 2 minutes. Stir in cheese and add pasta, tossing to coat and adding as much of reserved morel soaking liquid as necessary (1/2 to 2/3 cup) to keep pasta well coated.
- Add green vegetables, parsley, basil, pine nuts, and salt and pepper to taste and toss gently to combine.
- Serve pasta topped with tomatoes and Parmigiano-Reggiano shavings.

Nutrition Facts

 PROTEIN 15.62%  FAT 49.64%  CARBS 34.74%

Properties

Glycemic Index:78.39, Glycemic Load:25.98, Inflammation Score:-9, Nutrition Score:34.362608723018%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 807.79kcal (40.39%), Fat: 45.07g (69.34%), Saturated Fat: 20.53g (128.29%), Carbohydrates: 70.98g (23.66%), Net Carbohydrates: 64.2g (23.34%), Sugar: 9.38g (10.42%), Cholesterol: 81.95mg (27.32%), Sodium: 778.66mg (33.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.9g (63.8%), Vitamin K: 94.85µg (90.33%), Selenium: 60.81µg (86.88%), Manganese: 1.7mg (85.15%), Calcium: 634.56mg (63.46%), Phosphorus: 613.66mg (61.37%), Vitamin A: 2844.86IU (56.9%), Vitamin C: 32.34mg (39.2%), Copper: 0.57mg (28.55%), Magnesium: 113.76mg (28.44%), Fiber: 6.78g (27.13%), Vitamin E: 3.91mg (26.08%), Zinc: 3.71mg (24.75%), Vitamin B2: 0.4mg (23.79%), Iron: 4.26mg (23.65%), Potassium: 769.13mg (21.98%), Folate: 81.07µg (20.27%), Vitamin B1: 0.29mg (19.18%), Vitamin B6: 0.38mg (18.95%), Vitamin B3: 3.51mg (17.55%), Vitamin B12: 0.62µg (10.31%), Vitamin B5: 0.95mg (9.49%), Vitamin D: 1.04µg (6.93%)