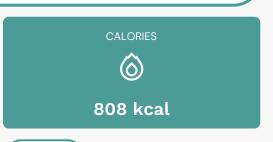


Pasta Primavera







LUNCH M

MAIN COURSE

MAIN DISH

DINNER

Ingredients

O.5 lb asparagus trimmed cut into 1-inch pieces
0.8 cup peas frozen thawed
1 tablespoon balsamic vinegar
O.3 cup basil fresh finely chopped
O.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
_	_
EC	juipment
	bowl
	frying pan
	paper towels
	pot
	sieve
	slotted spoon
	colander
D:	ractions
וט	rections
Ш	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: O.8mg, Naringenin: O.8mg, Naringenin: O.8mg, Naringenin: O.8mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Luteolin: O.06mg, Luteolin:

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: Og (100%), Alcohol %: O% (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: 2844.86lU (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%)