


# PASTA PRIMAVERA

WINDSOR  
SENIOR LIVING

 A WATERMARK RETIREMENT COMMUNITY

**SERVES 4-6**

**2 Tbsp extra virgin olive oil**  
**3 cloves minced fresh garlic**  
**3oz carrots, cross cut**  
**3oz spring onion, finely chopped**  
**2oz zucchini squash, sliced very thin**  
**2oz yellow squash, sliced very thin**  
**2oz button mushrooms, sliced very thin**

**Season with:**

**1 Tbsp fresh thyme, chopped fine**  
**1 Tbsp fresh oregano, chopped fine**  
**1 Tbsp fresh sage, chopped fine**

In a large skillet, sauté minced garlic in olive oil and add carrots, onion and broccoli. Sauté until tender then add remaining vegetables. Mix in fresh herbs and deglaze with white wine. Add to pasta of your choice serve hot.

**1/2 cup baby spinach**  
**6 – 8 grape tomatoes**  
**3oz broccoli**  
**3oz red, orange and yellow peppers, sliced very thin**  
**4oz white wine**  
**4 – 3oz portions cooked rice**

**Served on Top of Pasta:**

**Penne, bowtie,  
fettuccine  
or linguine**

