

# Pasta Primavera

- 1 cup broccoli florets (about 1 crown)
- 1 cup sliced carrots (about 3 medium)
- 1 cup sliced zucchini (about 1 medium)
- 1 cup macaroni or spiral-shaped noodles, uncooked

## Sauce:

- 1 tablespoon flour
- 1 tablespoon butter or margarine
- 1 cup skim milk
- 1/4 teaspoon dried basil
- 1/8 teaspoon black pepper
- 2 tablespoons Parmesan cheese

- Rinse broccoli florets with cold water. Place broccoli and carrots in a steamer basket. Place steamer basket in a saucepan filled with 1 inch of water. Bring water to a boil. Cover saucepan and steam broccoli and carrots approximately 2 minutes.
- Add zucchini and continue steaming all vegetables until tender-crisp, about 2-3 more minutes.
- Cook macaroni or spiral-shaped noodles according to package directions.
- In a small saucepan, melt butter or margarine, blend in flour. Gradually stir in milk, basil and pepper. Cook over medium heat, stirring constantly, until sauce thickens. Remove from heat and blend in cheese.
- Pour sauce over hot vegetables. Add macaroni or spiral-shaped noodles to vegetables and mix together. Makes 2 servings.

## Selection and Storage

### Broccoli

Look for broccoli with tender, firm stalks and closed, dark-green buds. Avoid yellow, limp or wilted broccoli.

Refrigerate and use within in 3–5 days.

### Carrots

Pick carrots that are firm, well-shaped and have a bright orange color. Avoid soft or cracked carrots.

Remove green leaves and refrigerate. Use within 1–2 weeks.

### Summer Squash (yellow, zucchini)

Look for small to medium-size squash that are heavy for their size. Avoid squash with soft spots.

Refrigerate and use within 3–5 days.