

MORSELS AND MORE; HOT PASTA VEGGIE DISH

12 ounces fusilli or similar pasta, prepared

4 cups broccoli florets

3 carrots, sliced (pre-cooked until just soft)

1 red bell pepper, diced

1 cup frozen peas, thawed

2 cloves garlic (demonstrate easy peeling using the flat of a knife blade)

½ cup grated parmesan (use chunk cheese for flavor & an added task)

2 T. butter + 2 more T. butter

1 cup chicken broth

Juice of ½ lemon

Participants slice and dice broccoli, carrots, and pepper. Add all to the pasta 5 min. before it is done. Add peas

Drain pasta and veggies

Participants mince 2 cloves of garlic and grate cheese.

While you make the sauce, (below) participants can slice and butter the bread. Any good rustic bread will do fine; sourdough, French or Portuguese breads are good.

In a large skillet, melt 2 T. butter. Add garlic and cook 1 min. more. Add 1 cup broth, ½ t. salt and some pepper. Simmer 3 min. more. Whisk in 2 T. more butter and let melt. Pour sauce over the pasta. Add parmesan and lemon juice, mix again. Serve with a sprinkling of more cheese on top.