

Spring Vegetables

Spring 2023

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Pasta Primavera

Serves 4-6

Time 60 minutes

Vegan

Common Allergens Wheat, tree nuts

Recipe from [Ambitious Kitchen](#)

Ingredients

For the sauce:

- $\frac{3}{4}$ cup raw cashews
- 2 tablespoons lemon juice
- 2 cloves garlic
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon onion powder
- black pepper to taste

For the pasta:

- 12 ounces pasta such as farfalle or penne

For the vegetables:

- 2 tablespoons extra virgin olive oil
- $\frac{1}{2}$ medium red onion, sliced
- 2 cups broccoli florets
- 1 carrot, peeled and cut into matchsticks
- 1 cup asparagus, chopped
- 1 cup snap peas, chopped
- 1 zucchini, chopped
- 1 yellow bell pepper, cut into thin strips
- 1 pint cherry tomatoes, halved
- $\frac{1}{2}$ teaspoon Italian seasoning

Optional:

- Red pepper flakes

Notes

- You can add a protein such as a can of chickpeas (rinsed and drained)



Instructions

1. In a saucepan, bring cashews and plenty of water to cover them to a boil. Remove from heat and let sit for 30 minutes, then drain.
2. Cook the pasta according to package instructions. Optional: reserve up to $\frac{1}{2}$ cup pasta water to thin the sauce.
3. In a large skillet or dutch oven, heat olive oil over medium heat. Add onion, then add remaining vegetables in the order listed, 1 type at a time, in about 1 minute intervals. Cook until vegetables are tender but a little crisp. Add Italian seasoning.
4. To make the sauce, combine soaked and drained cashews in a blender, along with $\frac{1}{2}$ cup water and remaining sauce ingredients. Add a little more water (pasta water if you'd like) if necessary so that the sauce is smooth and light, but thick enough to coat the back of a spoon.
5. Add cooked pasta and sauce to the pan/pot and stir to combine. Garnish with red pepper flakes if desired. Serve warm.