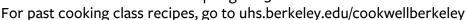
Spring Vegetables

Spring 2023





Pasta Primavera

Serves 4-6 Time 60 minutes Vegan Common Allergens Wheat, tree nuts Recipe from Ambitious Kitchen

Ingredients

For the sauce:

- ¾ cup raw cashews
- 2 tablespoons lemon juice
- 2 cloves garlic
- 1 teaspoon salt
- ¼ 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
- ½ 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
- ½ teaspoon Italian seasoning

Optional:

Red pepper flakes

Notes

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

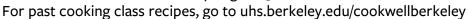


Instructions

- 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 ½ 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 ½ 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.

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Tahini Green Goddess Dressing

Yields 1 ½ cups

Time 10 minutes

Vegan

Common Allergens Sesame

Recipe from The Mediterranean Dish

Ingredients

- 1 ½ cups packed fresh parsley, leaves and tender stems
- 1 1/2 cups packed fresh cilantro or basil, leaves and tender stems
- ½ cup packed fresh dill, or 1 to 2 teaspoons dry dill weed
- 1 green onion, trimmed, white and green parts, chopped
- 2 garlic cloves
- 1 teaspoon salt or to taste
- ½ cup tahini
- juice of 2 lemons
- ¼ to 1 cup water
- Optional: 1-2 jalapenos, sliced, or red pepper flakes

Notes

- Lasts in the refrigerator up to 5 days.
- Use less water (½-½ cup) for a dip for crudités or a sauce for sandwiches and wraps, or more water (¾ 1 cup) for salad dressing.
- Substitute other herbs if you'd like, such as cilantro, mint, or tarragon.



Instructions

- Add the fresh herbs, green onion, and garlic to the bowl of a large food processor fitted with a blade. (If making the hot version, add the jalapenos here as well). Season with a big pinch of kosher salt and red pepper flakes. Close the lid and run the processor to finely chop the herbs.
- 2. Add the tahini and lemon juice. Close the lid and run the processor again until well-combined. Stop and scrape the sides down. The mixture will be thick at this point.
- 3. Run the processor again, this time, drizzle water through the top opening. You will need anywhere from ½ cup of water to 1 cup of water until the mixture turns creamy and runny to your liking.
- 4. Taste and adjust seasoning to your liking. Use or transfer the green goddess dressing to a 12-ounce mason jar and cover tightly. Store in the fridge for up to 5 days.