

Garden Fresh Primavera

Recipe inspired by "TasteofHome.com"

Contributed by Nancy K, Hopelink Harvest volunteer

This recipe can use a variety of fresh vegetables. Get creative, and use what you have on hand!

Ingredients:

- 1 cup part-skim ricotta cheese or tofu
- 1/2 cup fat-free or other milk
- 4 teaspoons olive or vegetable oil
- 1 garlic clove, minced
- *Optional:* 1/2 teaspoon crushed red pepper flakes
- 3 medium bell peppers, all colors, julienned (sliced thin)
- 1 medium zucchini, sliced
- 1 cup fresh peas, or frozen peas, thawed
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 6 ounces fettuccine, cooked and drained

Method:

1. Whisk together cheese or tofu and milk, and set aside. In a large skillet, heat oil over medium heat. Add garlic and optional pepper flakes, sauté for 1 minute.
2. Add vegetable and spices. Cook and stir over medium heat until vegetables are crisp-tender, about 5 minutes.
3. Add cheese/tofu mixture to fettuccine and top with vegetables. Toss to coat. Serve immediately. – Enjoy!

More recipes can be found at: www.hopelink.org/need-help/food/healthy-recipes

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