**Pasta Primavera**

*Serves 4 – 6*

12 – 16 oz.  Penne pasta (or other types of pasta – bow tie/butterfly, shell, etc.)

\( \frac{1}{4} \) cup  Olive oil

1 each  Maui onion, chopped

\( \frac{1}{2} \) each  Bell pepper, seeded and diced (optional)

1 cup  Mushrooms, cleaned and sliced

1 cup  Broccoli florets

1 cup  Long beans, cut in 1 1/2 –inch pieces

4 cloves  Garlic, minced

1 cup  Asparagus cut in 1 ½-inch pieces

2 cup  Grape tomatoes, halved

1 each  Carrot, peeled and grated

2 T.  Fresh basil, chopped

1 T.  Italian parsley, chopped

\( \frac{1}{2} \) cup  Parmesan cheese, grated

1 can  Chicken, drained (optional)

1 tsp.  Salt

Pepper to taste

1. Bring a large pot of water to a boil. Add 1 Tbsp. salt and cook pasta according to package directions for al dente pasta. Drain and hold.

2. Preheat a large skillet on medium heat. Add oil, onions, peppers, mushrooms, broccoli, and long beans. Sauté for 3 - 5 minutes or until vegetables are crisp tender.


4. Stir in the carrot, herbs cheese, and chicken or tuna, add salt. Add to prepared pasta and toss well to heat through.