

## **Spring Vegetable Pasta**

Serves 4

### **Ingredients:**

1 bag fusilli rice pasta  
8 stalks of asparagus, trimmed, blanched and refreshed (see recipe), cut into 1 inch pieces  
12 fresh green beans, trimmed, blanched and refreshed, cut into 1 inch pieces  
1.5 cups broccoli florets (small), and peeled sliced stalks, blanched and refreshed  
2 tbsp olive oil, not extra virgin  
¼ cup lemon juice  
1 tbsp chopped lemon zest  
½ cup onion, sliced thin  
1 tbsp rough chopped garlic  
1 can of navy beans, drained and rinsed  
Salt  
Pepper  
Chili flakes  
Kafilotyri cheese (hard Greek goat), grated (optional)

### **Directions:**

Steam vegetables until bright green and almost cooked, then plunge into ice cold water to stop the cooking process (blanch and refresh). Remove from cold water and set aside. Cook rice pasta till al dente, do not rinse off. Set aside.

Sautee the onions, salt, pepper and chili flakes in the olive oil until the onions sweat at medium to high heat. Toss in zucchini, garlic and lemon zest, sautee for an additional minute. Add vegetables, beans & lemon juice, toss and adjust seasoning to taste. Add pasta noodles and toss, top with grated cheese and a drizzle of olive oil.