

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.

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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 (¼-½ cup) for a dip for crudité's 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

1. 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 ¼ 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.