**Pasta Primavera**

150 g Linguini

5 mL salt

5 mL oil

200 mL coarsely chopped broccoli (about ½ head)

125 mL zucchini, julienned (about ½ zucchini)

65 mL frozen peas

½ tomatoes, cut into chucks

15 mL oil

125 mL mushrooms, sliced (about 3)

1 clove garlic, minced

125 mL heavy or whipping cream

85 mL Parmesan Cheese (divided 60 mL + 15 mL)

5 mL basil

5 mL parsley and some for garnishing

1 mL salt and pepper, each

1. Fill a large pot 2/3 full of water. Add 5 mL salt and oil. Bring to a full boil.
2. Wash and prepare all vegetables.
3. When water is boiling, add linguini . Stir a few times and slightly reduce heat.
4. After 10 minutes, add broccoli, zucchini and green peas and simmer for about 4 minutes or until pasta is al dente and vegetables are bright green and tender crisp. Drain.
5. In a frying pan, heat oil over medium heat. Saute tomatoes, garlic and mushrooms until tender.
6. Add all ingredients to frying pan (pasta mixture, heavy cream, 60 mL Parmesan cheese, basil, parsley, salt and pepper). Toss gently with tongs and serve onto plates. Garnish with remaining 15 mL Parmesan cheese and parsley.