INTERNATIONAL COFFEE HOUR
Dinner with the Dean
Friday 3/12 | 3:00pm

Pasta Primavera (Italy)

This dish is so named because it uses vegetables that come with the spring. However, in our time we can purchase these items all the year round, so you can enjoy this spring dish in January. Al Cribari from the Cribari Wine Company in California, gave me this one.

INGREDIENTS

- 2 cloves garlic, minced fine
- 1 tablespoon olive oil
- 1 small yellow onion, peeled and diced
- 2 ripe tomatoes, chopped
- Salt & pepper to taste*
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 2 medium zucchini, grated into coarse pieces
- 1/2 cup dry red wine
- 1 egg, beaten
- 1/4 cup grated Parmesan or Romano cheese
- 1 pound pasta, cooked

*If you use little salt, this dish is low-sodium and low-calorie

PROCEDURE

1. In a large frying pan, saute the garlic in the oil until it is lightly browned. Add the onion, and saute until it is clear.

2. Add the tomatoes, salt, pepper, basil, and oregano. Simmer for a few minutes, and add the zucchini.

3. Cook for about 5 minutes on high heat, or until the moisture is almost gone.

4. Add the wine, and simmer to reduce moisture. Add the egg and the cheese. Pour over the pasta, and enjoy!

NOTES

You can use this sauce over meats, fish, even poultry. It is also good over rice or bulgur wheat. Mr. Cribari’s mother served it to him as a vegetable dish when he was a child.

Serves 6 to 8 as first course.