

## Pasta with Summer Vegetables



### Sirve:

6 Servings

### Pieza:

Saladmaster Food Processor  
3 Qt./2.8 L Sauce Pan with Cover  
2.5 Qt. (1.49L) Culinary Basket  
7 Qt./6.6 L Roaster with Cover  
6 Qt. (5.6L) Culinary Basket  
10" Chef's Gourmet Skillet  
large mixing bowl

**Valora:** ☆☆☆☆☆

### Contribuido por:

Chef Sergio Corbia

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### Descripción de la Receta:

Your guests will be asking for more after they try this vegetarian pasta recipe. **Watch** Chef Sergio prepare this tasty Italian dish.

1/2 pound  
fava beans  
(227  
g)  
1 zucchini, sliced, use Cone #4  
1 yellow bell pepper, diced  
2 cloves  
garlic, shredded, use Cone #1  
1/2 cup  
red onion, processed, use Cone #3  
1 cup  
cherry tomatoes  
(149  
g)  
2 tablespoons  
fresh parsley, finely chopped  
(8  
g)  
1 tablespoon  
oil  
(30  
mL)  
salt and pepper to taste  
1 pound  
small pasta  
(454  
g)  
1/2 cup

Parmesan cheese, shredded, use Cone #1  
(40  
g)

**Preparación :**

1. Fill 3 Qt./2.8 L sauce pan  $\frac{3}{4}$  full with water and over high heat bring to a boil. Place fava beans in small culinary basket, place in sauce pan, reduce heat to medium and cook, uncovered, for 5 minutes or until tender. Place culinary basket in sink to drain and allow to cool. When beans can be handled peel off tough outer skins and discard skins. Place beans in large bowl and set aside.
2. Refill 3 Qt./2.8 L sauce pan  $\frac{3}{4}$  full with water and over high heat bring to a boil. Place zucchini and bell pepper in culinary basket, place in sauce pan, cover, reduce heat to medium-low, and cook for approximately 1 - 2 minutes or until tender. Place culinary basket in sink to drain then add to bowl with the beans.
3. Preheat skillet over medium heat. When several drops of water sprinkled on pan skitter and dance, place garlic, onion and tomatoes, reduce heat to medium-low and sauté until tender, stirring occasionally. Remove from heat and place in bowl with beans and vegetables.
4. To the bowl add parsley, oil, salt and pepper to taste, and toss until well combined.
5. Meanwhile, fill 7 Qt./6.6 L sauce pan  $\frac{3}{4}$  full with water and over high heat bring to a boil. Place pasta in large culinary basket, place in roaster, and cook according to package or until al dente. Place culinary basket in sink to drain.
6. Plate paste on 4 plates, place vegetable mixture over pasta and top with Parmesan.

Información nutricional por ración

**Calorías:** 400  
**Grasa Total:** 6g  
**Grasa** 2g  
**Saturada:**  
**Colesterol:** 7mg  
**Sodio:** 344mg  
**Carbohidratos:** 69g  
**Fibra** 5g  
**Dietética:**  
**Azúcar:** 3g  
**Proteína:** 16g