

This recipe provides a great way to meet the 5-a-day recommendation of fruits and vegetables.

PASTA with VEGETABLES and HAM

1 1/2 cups uncooked cauliflower florets, cut into equal pieces
1 1/2 cups uncooked broccoli florets, cut into equal pieces
1 cup frozen small peas, thawed (or fresh shelled peas)
1/3 cup extra virgin olive oil
1 garlic clove, peeled and lightly crushed

3-4 ounces thinly sliced smoked ham (or diced)
Salt and pepper
1 tablespoon coarse salt
1/2 pound whole-wheat or regular spaghetti
1 tablespoon finely chopped parsley

Steam or boil the cauliflower and broccoli florets until tender, but firm, 4-6 minutes. If using fresh peas, blanch them in a small pot of boiling water until tender. Drain and set vegetables aside.

Heat the oil in a large skillet over medium heat. Add the garlic and cook until browned. Discard the garlic and add the thinly sliced ham. Stir for about 1 minute, then add the cauliflower, broccoli and peas. Season with salt and pepper and cook, stirring for a few minutes, until the vegetables are well coated with the base.

Bring a large pot of water to a boil. Add 1 tablespoon of salt and the pasta. Cook uncovered over high heat until the pasta is tender but firm to the bite. Reserve 1/2 cup of the pasta water. Drain the pasta and add it to the vegetables. Add 1/2 cup of the pasta cooking water and parsley, and cook over the low heat until pasta and vegetables are well combined. Adjust to taste and serve.

Recipe by Chef Biba Caggiano



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