



mix it up

The Culinary Medicine Cookbook for
Mixing Things up in the Kitchen

Nutrition Tip: Although white pasta, made of refined wheat, can still be part of a healthy diet if eaten on occasion, we suggest trying whole-grain wheat or legume-based pasta to boost the nutrient content in your meals. These options provide unique flavors and textures and more protein and fiber than traditional pasta. When picking legume-based pastas, choose brands with minimal ingredients—ideally just legume flour—to avoid additives that might cause or exacerbate gastrointestinal symptoms. Alternatively, using spiralized vegetables offers an alternative form of noodles that are lower in calories but still nutrient dense.

Culinary Tip: Pasta comes in numerous shapes, each designed to complement different sauces and ingredients. Long, thin types like spaghetti and linguine pair perfectly with light, smooth sauces such as marinara or pesto. Finer varieties, like angel hair, work well with basic oil-based sauces, while heartier shapes, like fettuccine, are great for rich, creamy sauces. Short, ridged options like penne and rigatoni are ideal with sauces that feature large cuts of meat or vegetables, like this dish.

Spring Vegetable Pasta

Seasonal Vegetable Pasta celebrates fresh vegetables tossed with *al dente* pasta in a light, herb-infused sauce. This vibrant dish balances the natural sweetness of the vegetables with savory herbs, making it perfect as a light main or a satisfying side. Eat along with roasted chicken or fish, or use a legume-based pasta, to add protein to your overall meal.

Total time: 35 minutes **Active Time:** 10 minutes **Inactive Time:** 25 minutes

Yield: 5–6 servings as a light meal **Equipment:** heavy bottomed stockpot or Dutch oven with a lid, stovetop burner or hot plate, wooden mixing spoon, measuring spoons, measuring cups, chef's knife, gripper cutting board, metal colander; optional garlic press

Ingredients

- 1 bunch asparagus
- 2 medium zucchini
- 6 ounces snap peas
- 4 tablespoons extra virgin olive oil, divided
- 1 large garlic clove
- ¼ cup fresh parsley
- ⅓ cup diced fresh chives
- ¼ cup fresh basil leaves
- 1 teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- ¾ pound dried pasta (campanelle, penne, fusilli, etc.)
- 2 teaspoons lemon zest

Directions

1) Prepare the vegetables, aromatics, and herbs

Wash the asparagus, zucchini, and snap peas. Cut off the hard bottom of the asparagus stalks and cut the tender tops into 1 ½-inch pieces. Trim the ends off the snap peas and slice in half diagonally. Trim the end off the zucchini and slice into ¼-inch rounds. Peel the garlic clove and mince or press through a press. Wash and dry the fresh parsley, chives, and basil leaves. Finely chop the parsley. Cut the chives into 1-inch lengths. Leave the basil leaves whole.

2) Cook the pasta

Prepare the pasta according to the package instructions, but boil it for 1 to 2 minutes less than the package requires. While the pasta cooks, clean up your workstation or counter. When the pasta has finished cooking, turn off the heat and save ½ cup of pasta water. Drain the cooked pasta in a metal colander. Drizzle with 1 tablespoon of oil and toss with a spoon to prevent sticking.

3) Sauté the vegetables and bloom the aromatics

Return the same pot to medium-high heat. Add 3 tablespoons of oil and then the asparagus and snap peas. Cook for 4 minutes, stirring occasionally. Add the zucchini and continue cooking for 3 more minutes, stirring occasionally, separating the sliced zucchini as needed. Add the salt, black pepper, and garlic to the pan. Cook for 1–2 minutes, stirring into the vegetables, until fragrant.

4) Assemble, enjoy, and store

Lower the heat and stir in the pasta, adding a tablespoon at a time of the reserved pasta water if the mixture is dry. Once incorporated, turn off the heat, and add the herbs and lemon zest. Transfer to serving bowl and tear the basil leaves to add as garnish. Store leftovers in an airtight container in the refrigerator for up to 5 days.

This recipe follows a framework presented in the *Mix It Up* cookbook. The book presents dozens of other frameworks and various resources to equip you to use recipe frameworks to make your own delicious dishes.

