



CSA:

Peas  
Zucchini  
Summer Squash  
Broccoli  
Pepper

# Mind your Peas



Use gluten-free pasta!

## SHOPPING LIST:

Pasta of your choosing  
Italian Seasoning  
Lemon  
Dry White Wine  
Oil  
Salt and Pepper

Optional: Add meat of your choosing.  
Great with chicken or shrimp.



## RECIPE:

### Step 1: Make Pasta

Prepare your pasta according to the package directions. Save some pasta cooking water to thicken sauce.

### Step 2: Prepare Vegetables

Remove peas from pods. Slice zucchini, squash, and pepper. Cut broccoli into bite-sized pieces. Halve lemon, and squeeze the juice now to avoid seeds in your

### Step 3: Sauté Vegetables

Heat a large pan over medium heat. Add broccoli, peas, S&P, and 1/3 cup water. Cover and steam for 3-4 minutes. When tender, add 1tbs oil, plus zucchini, squash, pepper, and more S&P. Sauté until soft.

### Step 4: Finish Pasta

Deglaze the pan with a splash of the white wine—scrape up the brown bits. Add cooked pasta, Italian seasoning, a bit of oil, & some reserved cooking water to the pan. Cook until reduced.

### Step 5: Plate and Serve!

Remove from heat and add in lemon juice and season to taste. Serve with meat or grated cheese if you are not making a vegan meal—but it's great by itself, too!

### Helpful Tips:

*Pea pods break open easily if you twist them gently with 2 hands—no knife needed!*

*Adding butter instead of oil in step 4 will create a richer (non-vegan) sauce.*

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