


# Pasta With Fresh Veggies

From Eileen Koterak,  
Co-host of "Plain & Fancy Cooking"



## Ingredients:

1 cup broccoli flowerets  
1 cup baby carrots, sliced in half  
1 sm. zucchini and 1 yellow summer  
squash, seeded and julienned  
1 sm. red pepper, julienned  
1 cup low-sodium, low-fat chicken  
broth  
juice of 1/2 lemon  
1-2 T. virgin olive oil  
sprinkle of each, to taste: Italian  
herb seasoning, garlic powder,  
thyme

1/2 cup pine nuts  
1/4 cup sesame seeds  
1/2 lb. fusilli pasta  
1/3 cup freshly grated Parmesan  
cheese  
fresh Italian parsley, chopped,  
for garnish

**To Prepare:** Saute' veggies in broth  
until crisp tender; drain and keep  
warm. Cook pasta, drain and sprin-  
kle with lemon juice. Toss pasta with  
(over)

virgin oil to coat, adding sesame seeds, garlic powder, Italian seasoning, thyme, and some Parmesan cheese. To serve, place veggies on top of pasta; garnish with pine nuts, Parmesan cheese and parsley.

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