

Ingredients:

½	1 lb	Pasta (Spaghetti, Penne, etc)
½	cup	Oil
1		Medium Onion, chopped
5	cups	Assorted Veggies (Bell Pepper, Asparagus, Zucchini, etc)
1		Roma Tomato
To taste		Salt
To taste		Black Pepper
1	tbsp	Dried Parsley
1	tbsp	Dried Oregano
1	tbsp	Dried Rosemary
3	tbsp	Granulated Garlic
½	cup	Grated Parmesan Cheese
1	tbsp	Onion Powder
¼	cup	Pasta Water (reserved from Pasta Pot)



Instructions:

Bring salted water to a boil. Cook Pasta. Reserve ¼ cup of the water to add to make the sauce. Drain and hold pasta hot.

While the pasta is cooking, chop veggies into bite size pieces. Vegetable cuts will change depending on the type of vegetables. If using Asparagus, it is recommended to blanch* it first for 1 minute.

** to cook for a short time in boiling water, then immediately cooled in an ice water bath*

In a sauté pan, heat 3 tablespoons of oil. Add vegetables. Season to taste. Cook until vegetables are slightly tender. Do not overcook. When done, remove from heat.

Combine the pasta, seasonings, pasta water, grated cheese, and remaining oil in a sauce pot. Stir gently with a pasta spoon.

Serves 4-6