

MEALTIME HELPER

MAKING MEALTIME EASY

Vegetarian Pasta Primavera - Shopping List

- **Pasta**

- 12 oz (340 g) pasta (penne, farfalle, spaghetti, or linguine)

- **Produce**

- 1 small shallot or 1/2 medium onion
- 3 garlic cloves
- 1 cup cherry tomatoes (≈1 pint)
- 1 medium zucchini
- 1 bunch asparagus (or 1 cup asparagus tips)
- 1 bell pepper (any color)
- 1 cup peas (frozen or fresh)
- 1 cup baby spinach or baby arugula
- 1 lemon (zest + 2 tbsp juice)
- Fresh basil (small bunch)

- **Dairy & Refrigerated**

- 1/2 cup grated Parmesan or Pecorino (plus extra for serving)
- Optional: 1/4 cup heavy cream or 2 tbsp butter (for richer sauce)

- **Pantry & Nuts**

- Olive oil (you'll need ~3 tbsp total)
- Salt & freshly ground black pepper
- 1/2 tsp crushed red pepper flakes (optional)
- Optional: 1/4 cup toasted pine nuts or chopped walnuts

- **Optional add-ins**

- 1/2 cup roasted artichoke hearts or mushrooms
- Canned white beans or chickpeas (if adding protein)

Notes:

- Reserve some pasta cooking water when cooking the pasta.
- Quantities for optional items depend on preference—adjust as needed.