

# Pasta Primavera

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-primavera-pizza-recipe>

## Ingredients:

- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 zucchini small, diced
- 1/2 cup frozen peas
- 1/2 bell pepper use any color
- 5 ounces tomatoes I prefer grape or cherry, cut into halves
- 1 small carrot use a vegetable peeler to cut into ribbons
- 3 cloves garlic minced
- 1 teaspoon fresh lemon juice
- 1 dash Italian seasoning
- 1 tablespoon fresh basil torn/sliced thin
- 1/2 cup freshly grated Parmesan cheese
- 8 ounces pasta uncooked
- salt
- pepper

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 25 milligrams
4. Fat: 14 grams
5. Fiber: 5 grams
6. Protein: 15 grams
7. SaturatedFat: 6 grams
8. Sodium: 460 milligrams
9. Sugar: 6 grams

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