Spring Vegetable Pasta with butter and cheese

Ingredients:

1-2 T. Olive oil or a neutral oil

½ C. Onions, diced

1 tsp. Garlic, finely minced (optional)

1 bu. Asparagus, (3/4 – 1 lb.) trimmed and sliced into ½ inch pieces, if stalks are tough use a vegetable peeler and peel the stalks, halfway up the spear

½ lb. Snap peas, washed, stringed, sliced on the bias, ½ inch thick

1 lb. Fresh pasta (from La Pasta) or another brand

2-3 T Flavored finishing butter (from Butter Fusion) or other composed butter

½ C. Oaxaca-style cheese (from King's mozzarella), finely diced
    Substitute another melting cheese: mozzarella, fontina, a combo including parmesan

½ - 1 C. Reserved pasta cooking water

½ Lemon, zest and juice

Salt and black pepper:

Optional: 2-3 T. Nutritional yeast or grated Parmesan cheese
1 T. finely chopped parsley or basil

Method:

Prep veggies first. Bring plenty of salted water (should taste like the ocean) to a boil and cook pasta according to package directions. Drain and reserve ½ -1 C. of the pasta cooking liquid.

In the meantime, heat a large skillet or fry pan until hot over medium heat and add oil. When oil is hot, lower heat, add onions and season with salt and pepper and sweat until onions are soft and translucent (3-5 minutes). Add optional minced garlic, stir into onions and cook for another 1-2 minutes.

Add asparagus and snap peas, raise the heat to medium. Season again with salt and pepper. Sauté for another 2-3 minutes, until veggies are almost fork tender. Add cooked pasta to the veggies and stir together. If pasta and veggie mix seem dry, add reserved pasta water, 2-3 T. at a time. Add optional chopped herbs and stir in.

Add butter and cheese, stir together until the butter and the cheese are melted (cheese will be stringy). Add lemon zest (use a fine grater or micro plane) and lemon juice 1 tsp at a time, Taste and adjust seasonings as needed. Sprinkle optional nutritional yeast or Parmesan over top and serve immediately.

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