STANDARDIZED RECIPE

Students must be living on campus in residence halls to be eligible.

<table>
<thead>
<tr>
<th>Student name</th>
<th>Gray Dawg</th>
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<tbody>
<tr>
<td>Dawg Tag</td>
<td>850000000</td>
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<tr>
<td>Phone number and</td>
<td>618/xxx-xxxx, <a href="mailto:graydawg@siu.edu">graydawg@siu.edu</a></td>
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<td>email address</td>
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<tr>
<td>Recipe name</td>
<td>Pasta Primavera</td>
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<tr>
<td>Serving size</td>
<td>1 Cup</td>
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<td>Source</td>
<td><a href="https://www.foodnetwork.com/recipes/giada-de-laurentiis/pasta-primavera-recipe-1942131">https://www.foodnetwork.com/recipes/giada-de-laurentiis/pasta-primavera-recipe-1942131</a></td>
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Ingredients (MUST include specific items, weight/volume/count)

- 3 Carrots, peeled & cut into thin strips
- 2 medium zucchini (or 1 large), cut into thin strips
- 2 yellow squash, cut into thin strips
- 1 medium onion, thinly sliced
- 1 yellow bell pepper, cut into thin strips
- 1 red bell pepper, cut into thin strips
- ¼ cup olive oil
- Kosher salt and ground black pepper
- 1 tablespoon dried Italian herbs
- 1 pound farfalle (bowtie pasta)
- 12 cherry tomatoes, halved
- ½ cup grated Parmesan
Directions *(MUST include cooking procedure, time, and temperature)*

1. Preheat oven to 450 degrees F.
2. On a large heavy baking sheet, toss all of the vegetables with the oil, salt, pepper, and dried herbs to coat. Transfer half of the vegetable mixture to another heavy large baking sheet and arrange evenly over the baking sheets. Bake until the carrots are tender and the vegetables begin to brown, stirring after the first 10 minutes, about 20 minutes total.
3. Meanwhile, cook the pasta in a large pot of boiling salted water until al dente, tender but still firm to the bite, about 8 minutes. Drain, reserving 1 cup of the cooking liquid.
4. Toss the pasta with the vegetable mixtures in a large bowl to combine. Toss with the cherry tomatoes and serve.

Tips *(This is your time to add any additional information. Not required!)*

- Vegetarian recipe type
- Remove Parmesan for vegan recipe
- Starch side dish
- Great with fresh arugula!

About you!

1. Who normally cooks this recipe at home? On what occasion?

   My mom makes this dish. We typically eat it when tomatoes are in season.

2. Why did you choose this recipe? What makes it important to you?

   This dish is vegetarian and I love pasta!