

Pasta Primavera

2 large carrots, sliced diagonally $\frac{1}{2}$ to $\frac{1}{4}$ inch thick, 3–4 inches long

$\frac{1}{2}$ cup fresh orange juice or water

1 very large white onion, cut in small wedges

20–30 snow peas (or 6–8 asparagus, 8–10 string beans, 8–20 broccoli florets, or zucchini) whole or trimmed, and cut in long strips (use whatever green vegetable is available).

Soba noodles for four (4 4x3x $\frac{1}{2}$ blocks are ample for four persons; soba noodles come in block style; they are curly and tend to stay together; they have no eggs and can be bought in oriental grocery stores) or use traditional egg-free pasta for four

15 black olives

Paprika

8 tablespoons freshly grated Parmesan cheese (optional)

1 teaspoon of margarine (optional)

Put carrots and onion wedges in boiling water or orange juice and cook until carrots are tender, about 4–5 minutes, or microwave for 3 minutes in a plastic bag with a smaller amount of liquid. When carrots have cooked about 3 minutes, add the soba noodles to another pot of boiling water and cook only 4 to 5 minutes until noodles are al dente (regular pasta takes 12 minutes.). Drain. Add the snow peas to the vegetables the last minute, cooking covered for 2 minutes. Place drained snow peas together near the edge of a large plate. Place drained onion wedges next to them also near the edge of the plate, then, the drained carrots, and lastly the noodles on one side. In the center, put the 15 olives (or toss everything together), sprinkle noodles with optional margarine, paprika and Parmesan cheese. The, pepper everything. Serve hot immediately.

Per serving: 10 mg cholesterol; 2 gm saturated fat.