



Chef Eric's Savory Seasonings - SMOOTH

Chef Eric's Smooth Pasta with Vegetables

Orzo pasta
Chef Eric's Smooth Spice Blend
Cooked vegetables
Olive oil
Salt
Pepper

Yield: 4 Servings

1 pound
2 teaspoons
1/2 cup
1/2 cup
1/2 teaspoon
1/4 teaspoon

Method:

1. Cook pasta until al dente.
2. While pasta is cooking, chop the vegetables into small pieces. Place the vegetables into a small bowl. Add the olive oil, Chef Eric's Smooth Spice Blend, salt and pepper. Stir to mix together.
3. Add the cooked, drained pasta to the vegetable mix. Stir well.
4. Serve on a warm plate with the Smooth Steamed Salmon for a delicious meal.

*You may use any type of pasta or left-over vegetables for this dish.

*Rices, quinoas, barleys and other grains also work well.

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