

Summer Grilled Vegetable Pasta

As Declan's Dad would say when he grills: "Cooked to perfection."

- Prep time - 5 minutes
- Cook time - 15 minutes
- Servings 2 to 3

Ingredients

- 12 oz spaghetti
- 1 zucchini
- 5-6 baby bell peppers
- 2 tablespoons butter
- 2 cloves of garlic, minced
- 2 tablespoons flour
- 1/2 cup white wine
- 1/2 cup chicken stock
- 1/2 teaspoon dried basil
- Salt and pepper

Protocol

1. Start the water for your pasta and boil according to the packaging instructions.
2. Chop your veggies in the size of big bite size chunks.
3. Heat your grill pan over medium high heat.
4. Once the grill pan is hot, place the veggies onto the grill. Evenly "char" all sides and cook until tender, about 10 minutes. (Once the corn is done, cut the kernels off the cob)

Sauce:

5. In a small sauce pan, melt the butter over medium heat. Saute the garlic for about 2 minutes or until fragrant.
6. Stir in your flour to make a roux and make sure it's evenly mixed.
7. Pour in the chicken stock and wine and stir (you might have to whisk) until everything is evenly combined. When the sauce starts to bubble, add in the basil and reduce the heat to low. Simmer until thickened and it can coat the back of a spoon.
8. Once everything (pasta, veggies, and sauce) is ready, evenly combine in a large mixing bowl. Top with some cheese and enjoy!