

Pasta Primavera

Conversion
Factor

Original Yield

Desired Yield

desired yield

----- = conversion factor

original yield

4

Original Yield x Conversion Factor = Desired Yield

fresh broccoli florets

2 c.

Velouté Sauce

1 c.

carrot, julienned

1 large

milk

½ c.

grated Parmesan cheese

¼ c.

garlic clove, minced

1

pepper

1/8 t.

cooked spaghetti

3 c.

In a large saucepan, combine the first seven ingredients. Cook, uncovered, over medium heat until vegetables are tender, about 12 minutes. Stir in spaghetti; heat through. Yield: 4 servings.