

## **Lenten Vegetable Primavera**

Submitted by Stephanie Gianaris

### **Ingredients:**

1 box (8 oz) precooked/or frozen Vegetable Medley of your choice  
3 TBSP vegetarian broth to heat/flavor the veggies

**In large separate pot** boil 8 oz. linguine until tender; drain.

**While veggies and pasta are separately cooking:**

**(In 2-quart, heavy bottomed saucepan)**

### **Primavera Lenten Béchamel Sauce:**

3 Tbsp flour  
1/2 cup vegetable broth

Heat on low heat until mixture just begins to bubble. Remove from heat.

### **Slowly add:**

1-1/2 cups light coconut milk  
(beat with wire whisk as liquid is added so that mixture stays smooth)  
1-1/2 tsp Mrs. Dash Garlic & Herb seasoning  
Salt and Pepper to taste  
Sprinkle ground parsley flakes (at the end)

### **Return to a low heat:**

Cook until mixture thickens to consistency of “heavy cream”, ***stirring constantly***. Remove from heat. Transfer to a large bowl. Fold in vegetables and linguine into sauce. Mix well and serve while piping hot.

***”The Purpose of Fasting: Because we did not fast, we fell from paradise. Let us therefore fast, so that we can return towards it”***

***St John Chrysostom***