



Recipe Submitted by: SV Rendezvous

Wine and Herb Pasta

What you will need

Boil 1-1/2 cups pasta of your choice, for example, Rotini, macaroni, etc.

Chop:

- 1 onion
- 2 leaves of cabbage
- a carrot or two
- Crush a garlic clove under the flat of your knife, and then chop it up.

Sauté chopped vegetables in 2 Tbsp olive oil on moderate heat for five or ten minutes.

Add:

- 1 Tbsp sunflower seeds
- 1/2 bouillon cube (I throw the other half in the pasta boil)
- 1 Tbsp Basil
- 1 Tbsp Parsley
- salt, pepper
- a couple of glugs of wine or sherry or beer

Stir briefly and cover. Let steam a few minutes.

Add pasta, stir until pasta is warmed. Serve at the table with a dash of Italian salad dressing (olive oil, vinegar and herbs) and lots of parmesan cheese.