



# Fall Festival Cooking Demo



with  
**Chef  
Curtis  
Aikens**

## INGREDIENTS

### French Dressing

- 1 TBS garlic paste or 2 cloves fresh garlic
  - 2 TBS olive oil
  - 2 TBS fresh lemon juice
  - 1 TBS vinegar
  - 1 TBS Dijon mustard
  - 1 tsp mayonnaise (optional)
  - Salt & pepper to taste
- Method

Blend all ingredients well until smooth.

### Pasta

- Your favorite pasta (cooked per directions)
- 1 onion (sliced or diced, your preference)
  - 2 carrots (sliced thin or diced)
  - 1 zucchini (sliced)
  - 1 yellow squash (sliced)
  - ½ cup peas (fresh or frozen)
  - ¼ cup olive oil
  - ¼ cup water
  - Salt & pepper to taste

## INSTRUCTIONS

Sauté onions in olive oil until translucent.

Add carrots and cook ~1 ½ minutes.

Add squash, zucchini, peas, and more olive oil if needed; cook 2-3 minutes.

Add water as needed for consistency.

Season with salt and pepper to taste.

Serve warm over pasta.

Finish with a drizzle of Chef Curtis' French Dressing.

