

# End of Summer Vegetables with Pasta



## Ingredients: (Yield 4-5 servings)

3-4 T Olive oil and neutral vegetable oil mix

1 Onion, cut in small dice (about 1 C)

4-6 Tomatoes, ripe, slicing or beefsteak tomatoes, cored, peeled\* and cut into ½ inch dice, do not discard the tomato juice

3 Garlic cloves, peeled and minced (about 2 1/2 T)

2-3 Basil sprigs, sliced in chiffonade (thin ribbons)

2 Summer squash, such as zucchini, crostata Romanesco, or yellow squash. Slice the squash in half lengthwise and slice slightly on the bias if thin. If thicker, slice each half in half again and slice in bite-sized pieces

2 Roma tomatoes, cut into ½ inch dice

½ pint cherry / grape tomatoes, de-stemmed and halved

¼ - 1/3 C Quick Tomato Sauce, see recipe below

Salt and black pepper

2 oz of uncooked pasta per person

Pinch of dried chili flakes, optional and grated parmesan cheese, optional

## Method:

### Quick Tomato Sauce

Heat a medium sauté pan over medium heat, and when the pan is hot, add 2 T of oil. When the oil is hot, (oil will be shimmering across the surface), add the diced onions, stir and reduce heat to low. Season with a pinch of salt and black pepper and after two minutes, add 2 T of chopped garlic and stir together. When the onions are soft and translucent but not browned, add the chopped ripe tomatoes including any tomato water and stir together. Bring the sauce just up to a boil, lower heat and simmer for 10-12 minutes until the sauce looks soft and emulsified. With a slotted spoon or potato masher, smash the tomatoes gently. Add 1 T of basil, taste and re-season with salt and pepper as needed. Take off heat and set aside.

Note: this recipe will yield more than you need. Store in a plastic or glass container, covered tightly and refrigerate. The sauce will be good for a week, refrigerated or two months, frozen.

## The pasta

## End of Summer Vegetables with Pasta



Bring a pot of salted water to a boil, the water should taste salty like the ocean. When the water comes up to a boil, add the pasta and cook according to package instructions, deducting one minute of time. Save  $\frac{1}{2}$  C of pasta water, drain the pasta and hold until the vegetables are ready.

In the meantime, wipe out the pan used to make the sauce and over medium heat add 1 T of oil and when the oil is hot, add the summer squash. Let the squash brown on one side without stirring. Add the rest of the garlic, a pinch of salt and black pepper and stir together. When the second side is browned, add the Roma tomatoes, a sprinkle of basil and season with salt and black pepper. Cook vegetables together for several minutes, add halved cherry tomatoes and simmer for several minutes until the tomatoes have softened. Add the tomato sauce and stir together. Add the drained pasta, stir together, add pasta water if the sauce is too thick and cook for 1-2 minutes until the pasta is desired doneness. Taste and adjust with salt and pepper as needed. Add optional chili flakes, stir together and serve with grated parmesan cheese on the side.