

## Summer Pasta Your Way

Simple Every Day | July/August 2008



*Toss some grilled chicken or shrimp into this summer-fresh dish—or not. Part of the fun is that this recipe is so flexible. Pick your pasta, vary the veggies—and top it with your favorite cheese.*

START TO FINISH: 20 MINUTES

- 10 OZ. DRIED SPINACH OR WHOLE-GRAIN SPAGHETTI
- 2 TBSP. SLICED GREEN ONION
- 1 TBSP. OLIVE OIL
- 1½ CUPS ASSORTED SUMMER VEGETABLES (SEE BELOW)
- ¼ CUP OIL-PACKED DRIED TOMATOES, DRAINED AND SNIPPED
- 2 CUPS ASSORTED-COLOR (HEIRLOOM) GRAPE TOMATOES, QUARTERED, OR CHOPPED AND SEEDED LARGE TOMATOES (3–4 LARGE)
- ½ CUP WHITE WINE, CHICKEN BROTH, OR VEGETABLE BROTH
- ¼ CUP PITTED KALAMATA OLIVES, SLICED (OPTIONAL)
- SALT AND GROUND BLACK PEPPER
- ½ CUP CRUMBLLED GARLIC-AND-HERB OR PLAIN FETA CHEESE (2 OZ.), CRUMBLLED GOAT CHEESE, DICED SMOKED GOUDA, OR ¼ CUP SHREDDED PARMIGIANO-REGGIANO CHEESE
- 2 TBSP. SNIPPED FRESH BASIL

Cook the pasta in salted water according to package directions; drain. Return pasta to hot pan. Meanwhile, in a large skillet cook green onion in hot oil over medium heat for 30 seconds. Stir in assorted vegetables and dried tomatoes. Cook, covered, for 5 minutes, stirring once. Stir in fresh tomatoes, wine or broth, and olives, if desired; cook 30 seconds more. Spoon tomato mixture over cooked pasta; toss gently. Season to taste with salt and pepper. Sprinkle individual servings with cheese and basil. Makes 4 servings.

Per serving: 403 cal., 9 g fat (3 g sat. fat), 13 mg chol., 387 mg sodium, 62 g carbo., 10 g fiber, 15 g pro.

### VEGGIE PICKS

Summer means tomatoes, of course, and they're a major component of this veggie-rich dish. The other vegetables are entirely up to you—whatever is fresh at the farmers market or simply your favorites. Consider sugar snap peas (halved crosswise), quartered and sliced zucchini or summer squash, sliced mushrooms, diced sweet pepper, cooked lima beans, sliced asparagus, sliced carrot, and/or diced eggplant.