

BEYOND HUNGER

Summertime Pasta

This summer inspired pasta uses a ton of veggies that are currently in season. Along with adding lots of beautiful color to this dish, you're also getting a variety of nutrients from the different vegetables that you're including. You can serve this pasta cold or warm and easily adjust to your preference by adding or removing any ingredients.

Yield: 4-5 servings

Ingredients:

- 3 cups of Rigatoni **pasta**
- **water** to boil pasta
- 2 tbsp **olive oil** or **canola oil**
- 2 tbsp **butter**
- 2 medium **onions**, diced
- 8 large **tomatoes**, chopped
- 2 medium **zucchini**s, cut into 1/2-inch pieces
- ½ **bell pepper** chopped
- 2 tsp dried **oregano**
- 1 tsp **salt**
- ½ tsp **pepper**
- 4 **garlic** cloves, minced
- Handful of **basil**, cut into ribbons

Instructions:

1. Bring 4 - 6 quarts of water to a rolling boil, add salt to taste. Add pasta to boiling water. Stir gently.
2. Return to a boil. For authentic "al dente" pasta, boil uncovered, stirring occasionally for 12 minutes. For more tender pasta, boil an additional 1 minute.
3. Remove from heat, drain well, and set aside.
4. In a large saucepan, heat oil and butter over medium heat. When butter has melted, add onions. Cook until translucent .
5. Stir in the tomatoes, zucchini, bell pepper, oregano, salt, and pepper. Sauté over medium heat until tender. At the last minute, add minced garlic and sauté for 1-2 minutes more.
6. Remove from heat. Combine the vegetable mixture with the cooked pasta; toss to thoroughly combine.
7. Top with chopped basil and serve warm.

Per Serving: Calories 410, Protein 10.6 g, Saturated Fat 4.3g, Sodium 592.6 mg, Fiber 4.3 g, Sugars 6.4g
This recipe was adapted from <https://www.tasteofhome.com/recipes/zucchini-tomato-pasta-sauce/>