

Summer Fresh Penne

Summer vegetables take center stage in this tasty pasta dish. Use the freshest ingredients you can find for the best results. DC

- 3 medium carrots, peeled and thinly sliced (195 gm)
- 4 small zucchini, thinly sliced (345 gm)
- ¼ cup sugar snap peas (10 gm)
- 3 medium plum tomatoes, diced (225 gm)
- 1 medium red bell pepper, quartered and thinly sliced crosswise (140 gm)
- ½ small onion, quartered and very thinly sliced (95 gm)
- 2 medium cloves garlic, minced
- 3 tablespoons chopped fresh tarragon or 1 tablespoon dried tarragon
- 3 tablespoons olive oil
- 1 teaspoon white wine vinegar
- salt and pepper
- 12 ounces dry penne pasta of choice

1. Bring a medium saucepan of water to a boil; drop the carrots and zucchini into the water for 2 minutes. Add the peas and cook for 1 minute longer. Drain well, place in a large bowl and add the tomatoes, pepper, onion, garlic, tarragon, oil, and vinegar. Toss to mix; season to taste with salt and pepper.
2. Cook pasta according to package directions. Drain well when cooked and top with sauce.

Simple Zucchini Pasta

Lemon and fresh parsley are the flavors that make this pasta dish special despite the simplicity of its preparation. The sauce will easily top 8 ounces of dry pasta, preferably spaghetti. DC

- 1 pound zucchini, trimmed (425 gm)
- 1 ½- by 2-inch wide strip of lemon zest
- 6 tablespoons olive oil
- 4 small shallots, roughly chopped (80 gm)
- 1 tablespoon capers, rinsed and drained (12 gm)
- ½ cup chopped fresh flat-leaf parsley (20 gm)
- 4 sun-dried tomatoes packed in oil, drained and cut into narrow strips (25 gm)
- salt and pepper
- 8 ounces dry pasta of choice

the bitter white pith underneath. Cut into fine slivers and set aside.

3. In a small skillet over medium-high heat, cook the shallots in 2 tablespoons of the oil until they are soft. Transfer shallots to a medium bowl; add the remaining oil, capers, lemon zest, parsley, and sun-dried tomatoes. Mix ingredients well and set aside.
4. Bring a large pot of water to a boil; add a little salt and drop in the zucchini matchsticks. Cook for 1 minute, remove with a slotted spoon to a colander, shake off the water, and add zucchini to the shallot mixture. Stir well and season to taste with salt and pepper.
5. Cook pasta according to package directions. Drain well when cooked and top with the vegetables.

1. Cut the zucchini into ½-inch thick rounds, and then cut the rounds into ¼-inch thick matchsticks; set aside.
2. Using a vegetable peeler, peel a thin 2-inch slice of zest from the lemon, avoiding

Summer Fresh Penne

Makes 6½ cups
(not including pasta)
½ cup per serving

	recipe	serving
protein (gm)	10.5	0.8
calories (kcal)	629	48

phenylalanine (mg)	340	26
tyrosine (mg)	249	19
leucine (mg)	532	41

sodium (mg)	187	14
potassium (mg)	2517	194
phosphorous (mg)	326	25

Simple Zucchini Pasta

Makes 3 cups
(not including pasta)
½ cup per serving

	recipe	serving
protein (gm)	9.1	1.5
calories (kcal)	930	155

phenylalanine (mg)	321	53
tyrosine (mg)	238	40
leucine (mg)	528	88

sodium (mg)	300	50
potassium (mg)	1885	314
phosphorous (mg)	257	43