



SUMMER ZUCCHINI-BASIL-LEMON SAUCE FOR PASTA

A very quick, healthy sauce for pasta or to accompany fish or chicken that uses summer staples—zucchini and basil are brightened with fresh lemon.

A Lo-TECH Foodways recipe

PREP TIME: 30 MINUTES

SERVES: 7

SERVING: 1 CUP

INGREDIENTS:

- 4 cups Zucchini, halved lengthwise and sliced (2 medium zucchini)
- $\frac{3}{4}$ cup Onion, thinly sliced (1 small onion)
- 2 tbsp Olive oil [to taste]
- 4-6 cloves Garlic, thin-sliced or minced [to taste]
- 12-20 leaves Fresh basil, shredded [to taste], dried will also work
- 1 Lemon, zest and juice
- to taste Hot pepper flakes [optional]
- $\frac{1}{4}$ cup Grated Pecorino Romano [or any sharply-flavored] cheese
- to taste Salt and pepper [liberal pepper helps flavor]
- $\frac{1}{2}$ lb Short pasta such as ziti, bowties, tubettini, etc.

NUTRITION INFORMATION (PER 1 CUP) SERVING:

Calories: 250	Total Fat: 6g (9% DV)	Saturated Fat: 1.5g (6% DV)	Sodium: 45mg (2% DV)
Total Carbohydrate: 41g (14% DV)		Fiber: 2g (7% DV)	Protein: 8g



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PREPARATION:

1. Boil pasta in lightly salted water, if diet allows, until slightly chewy and drain. Do not rinse
2. Sauté onion in olive oil over medium heat until a minute beyond translucent
3. Add zucchini, salt, and black pepper and cook until tender
4. Add garlic, lemon zest, and lemon juice. Correct seasoning with salt, black pepper, and optional hot pepper
5. Toss in desired amount of roughly chopped basil
6. Toss with drained pasta and serve with grated Romano cheese

TIPS:

- Extra-virgin olive oil has much more flavor and enhances this sauce significantly. Use amount that best balances dietary concerns and flavor
- Some people are put off by the 'sliminess' of zucchini. To avoid this, simply remove the seeds from the halved zucchini with a teaspoon or paring knife before slicing
- Imported Pecorino Romano cheese is often priced about the same per ounce as the more common grated domestic 'parmesan' or 'romano' cheese. The imports are MUCH more flavorful and mature and improve taste. You also need less because of their intensity
- If you like hot pepper flakes, a few sprinkled in will add a nice complement to the full flavors already there

STORAGE:

- Leftovers can be refrigerated and eaten within a few days for best taste. Discard after 7 days
- Re-heat food to a temperature of 165°F before serving

Funded by USDA Supplemental Nutrition Assistance Program through the State of Michigan. These institutions are equal opportunity providers and employers. For food help contact the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH.

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