

Summer Tomato Pasta

There's nothing quite like the flavor of freshly harvested tomatoes and this fruit of sweet perfection is still in season. You've already been introduced to the flavor-blast of garlic, onion, fresh basil and fresh tomatoes in this no-cook pasta sauce. Tonight you'll revisit it because it's the peak of the harvest season.

Fuel up on fresh tomatoes. Enjoy!

Preparation time: 40 minutes - Serves : 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients so they are easy to add when needed.

Prep 3 cloves chopped garlic: 1 for the tomato sauce, 1 for the vegetables and 1 for the dressing.

Prep 2/3 C. chopped onion: 1/2 C. for tomato sauce and 2 T. for the salad dressing.

No-cook Tomato Sauce

2 large slicing tomatoes (chopped)
1 clove garlic (smashed and chopped)
1/2 C. chopped sweet onion
1/4 C. chopped fresh basil
2 tsp. olive oil
1 T. balsamic vinegar
1/2 C. pasta cooking water

Sausage/Pasta

Sausage:

1 pkg. Field Roast Apple Sausage
(use one sausage tonight)

Pasta:

2-1/2 C. dry spiral pasta of choice

Salad and Dressing

Fixings for a green salad

Creamy Dill Dressing:

1 clove garlic (smashed and chopped)
3 T. rice wine vinegar
2 T. finely-chopped sweet onion
2 tsp. fresh dill weed (finely-chopped/discard thick stems)
1/2 tsp. honey
pinch of salt
3/4 C. nonfat yogurt (stir before using)

Vegetables/Assemble/Garnish

Steamed Carrots:

2 new carrots (sliced in diagonal slices)

Browned and Seared Vegetables:

1 tsp. olive oil
1 C. cremini mushrooms (sliced)
1 tsp. olive oil
one 6" yellow summer squash (sliced into 1/4" rounds)
one 6" zucchini (sliced into 1/4" rounds)
1 clove garlic (smashed and chopped)

1 tsp. olive oil

2/3 C. chopped green bell pepper (chopped)

Garnish:

4 T. shredded Parmesan

First Thing -
Put Pasta Water on to Boil

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Make the No-cook Tomato Sauce and let it rest while you prepare the rest of the meal. It needs to rest for 15-20 minutes before you add the remaining vegetables.

No-cook Tomato Sauce

Place chopped fresh tomatoes in a medium-sized measuring bowl. Add garlic, chopped onion, basil, oil and vinegar. Toss well and let stand 15-20 minutes. Add 1/2 C. pasta cooking water after pasta finishes cooking.

Sausage and Pasta

Sausage: Remove plastic casings and slice Field Roast sausages length-wise. Brown them and allow to cool before cutting 1 sausage into half-rounds. Refrigerate leftovers in a sealed bag. If using meat sausage, simply brown the sausage in it's casing. Allow to cool and slice.

Pasta: When water boils, drop pasta into water and boil gently for 8 minutes or until tender. Remove from heat. Reserve 1/2 C. pasta cooking water tomato sauce. Drain and rinse pasta.

Salads and Dressing

Make two green salads on individual plates.

Creamy Dill Dressing:

Place all dressing ingredients in a food processor and blend until smooth.

Vegetables/Garnish and Assemble

Steamed Carrots:

Place sliced carrots in top of steamer pan and steam 3 minutes once water boils. Set aside.

Browned and Seared Vegetables:

1. Place olive oil in sauté pan and brown mushrooms. Remove from pan and set aside.
2. Add another tsp. oil to the pan and sear summer squash and zucchini in same pan until brown spots appear. Add garlic and toss until garlic becomes fragrant. Remove from pan and set aside with mushrooms.
3. Sear chopped peppers in oil until they begin to brown.
4. Return all vegetables and chopped sausage to the pan. Add cooked pasta to the pan. Pour No-cook Tomato sauce over mixture. Toss well and serve. Plate 2 C. pasta per serving and garnish with Parmesan. Serve salads on the side.

What I've Learned from this Recipe

This pasta dish may be served either warm or cold. Enjoy!

Let us know what you think, and ask any questions you may have! chezdon@plate6.com