

# Summer Tomato Pasta

We've waited all year for sweet, vine-ripened tomatoes, so tonight we feature them in a flavor explosion of a no-cook tomato sauce. The sweetness of the tomatoes are combined with chopped garlic, new sweet onion, fresh basil, extra-virgin olive oil and balsamic vinegar. Just assemble and let it stand for about 20 minutes, then add the other remaining new vegetable ingredients. Splendido!

**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: use one clove each for the tomato sauce, vegetables and dressing.

Chop about 2/3 C. sweet 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

### Sausage/Pasta

#### Sausage:

1 Field Roast Apple Sausage

#### 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 (stirred smooth)

### Vegetables/Garnish

#### Steamed Carrots:

2 new carrots (sliced in diagonal rounds)

#### 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.

### Sausage and Pasta

Sausage: When cooking Field Roast sausages, remove plastic casing slice Field Roast sausage length-wise and brown. Allow to cool and cut into half-rounds. If using meat sausage, simply brown the sausage in it's casing. Allow to cool and slice into rounds.

Pasta: When water boils, drop pasta into water and boil gently for 8 minutes or until tender. Remove from heat. Drain and rinse pasta.

### Salad and Dressing

Make two green salads on individual plates.

Creamy Dill Dressing:

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

### Vegetables/Garnish and Assemble

Steamed Carrots:

Place sliced carrots in top of steamer pan, cover 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](mailto:chezdon@plate6.com)