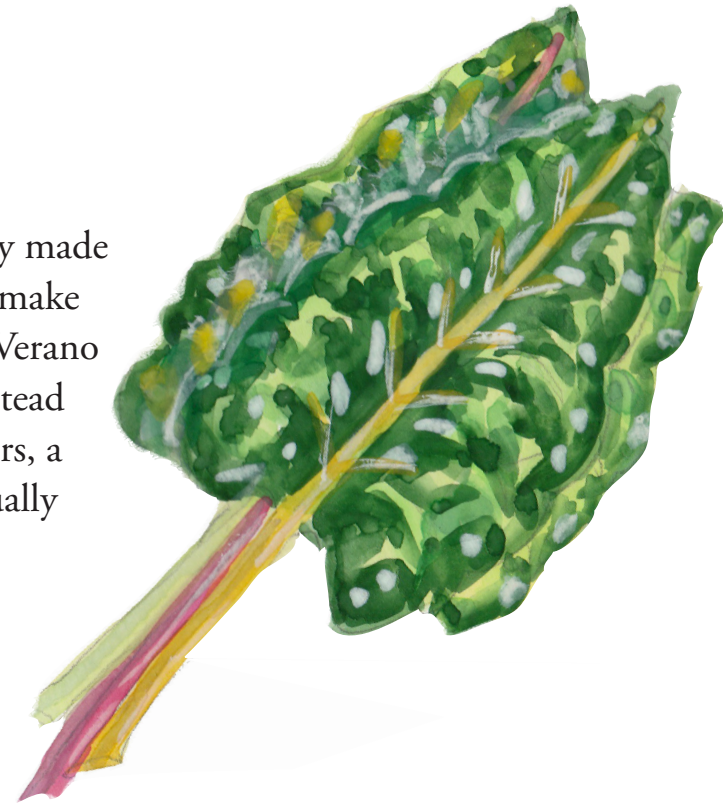


# *pasta verano*

You may have heard of Pasta Primavera (“spring pasta”) which is traditionally made with young spring vegetables lightly sauteed with pasta. In late summer, we make this version using the veggies in our garden, and named it more aptly Pasta Verano (“summer pasta”). Use whatever crisp, crunchy veggies that are available. Instead of spinach, which can’t handle heat and “bolts” by July, we use lamb’s quarters, a wild green (which is often considered a weed in modern farming, but is actually delicious) utilized in indigenous Native American cuisine. *Serves four people.*



## *ingredients*

|   |  |
|---|--|
| 2 cloves garlic, minced                                   | 3 tablespoons extra virgin olive oil (divided) |
| 1 zucchini or yellow squash, julienned                    | 2 tablespoons nutritional yeast                |
| 3 carrots, julienned                                      | 1 lb. dry spaghetti or linguini noodles        |
| 1 bunch rainbow chard, stems removed and coarsely chopped | Salt and pepper to taste                       |
| 3 cups spinach (packed) coarsely chopped                  |  |



## *directions*

In a large pot, bring water and 1 tablespoon salt to a boil. Water should be salty “like the sea” to season pasta. Add pasta and cook to al dente according to package instructions (usually between 7-11 minutes depending on the quality and thickness of the pasta). When pasta is cooked, drain and set aside.

While pasta is cooking, heat 2 tablespoons olive oil in a large saucepan. Add garlic and simmer until fragrant, lightly brown and translucent. Add carrots and saute for 2-3 minutes, until carrots begin to soften. Add squash and cook 3-5 minutes more until veggies are lightly brown and tender-crisp. Add chard, cooking 2 minutes more until wilted and finally spinach, which will wilt almost immediately. Remove from heat and add pasta to the saute pan. Stir in remaining olive oil and coat with nutritional yeast. Add a generous grind of black pepper and salt to taste.

