

# FARM FRESH PASTA



low carbon

Pasta is among the most beloved foods of so many of us and it's fabulous to have a way to make a plant-rich main dish. This recipe serves 2.

**1/2 lb pasta (whole grain is best)**  
**1 tbs. salt**  
**about 2 to 3 quarts of water**

**1 tbs oil**  
**2 cloves of garlic**  
**about 3 cups of chopped vegetables and/or mushrooms**



**1** Put water and salt into a medium size pot over high heat. When it comes to a boil add pasta. Cook until almost done - it should retain a small white core. Drain, saving a cupful of the water.

**2** While the pasta is cooking, mince garlic and prep vegetables (specifics on the flip side). Warm a couple of tablespoons of oil in a medium to large skillet over medium heat. Add garlic and veggies, stirring every few minutes until the veggies are almost tender.



**3** When the pasta retains a small uncooked core (bite and take a look), drain, reserving a cup or so of the cooking water.

**4** Add the pasta and half the saved water to the skillet and raise the heat if necessary to simmer. This will create a creamier sauce. Add any uncooked extras like olives or fresh herbs, stir and taste. Adjust the seasonings, and serve.

## INSPIRATION

Pasta and fresh vegetables can be made with a wonderful variety of ingredients. Cut firmer veggies about the size of a nickle, softer veg the size of a quarter, and chop leafy veg roughly.

### PASTAS



macaroni, spaghetti  
whole wheat pastas  
ramen  
buckwheat soba  
rice noodles  
udon  
rice noodles  
gnocchi  
couscous  
spiralized veg:  
zucchini  
carrot  
sweet potato  
parsnip  
winter squash

### OILS



olive oil  
vegetable oil  
sunflower oil  
grapeseed oil  
other veggie oils

### HERBS



parsley,  
oregano  
marjoram  
basil  
dill  
lemon zest  
cilantro  
shiso

### VEGETABLES



broccoli (peel and chop stem, too)  
cauliflower  
winter squash  
summer squash or zucchini  
bell peppers  
eggplant  
onions, leeks, ramps  
tomatoes - chopped or halved cherries  
cabbage  
bulb fennel  
any dark leafy greens  
asparagus  
corn  
peas  
green beans  
mushrooms - cultivated or wild

### EXTRAS



cooked beans  
cooked lentils  
toasted nuts or seeds  
toasted sesame oil  
olives, pitted  
mashed anchovies  
capers  
smoked oysters  
grated parmesan  
nutritional yeast

## GOOD COMBOS

It's easy to put together a pasta dish on the fly, and it's also fun cook with a cuisine in mind. Here are some flavor sets to inspire you.

### MEDITERRANEAN

Italian pastas  
gnocchi  
white beans (cannolini)  
pine nuts  
basil  
eggplant  
fennel  
oregano  
garlic  
onions  
tomatoes

### JAPANESE

udon noodles  
soba noodles  
somen noodles  
broccoli  
carrots  
eggplant  
zucchini  
napa  
ginger  
miso  
scallions  
sesame oil  
sesame seed  
soy sauce  
nori

### MIDDLE-EASTERN

couscous  
bell peppers  
eggplant  
spinach  
tomatoes  
fennel  
mint  
lentils  
chickpeas  
tahini  
garlic  
pistachios

## FAVES

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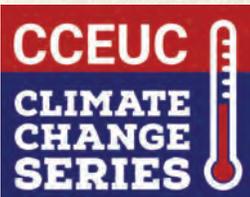
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