



Summer Bounty Pasta

with Seasonal Veggies and Chicken

Makes 4–6 servings ~ \$13.40 (\$2.23–3.35 per serving)

Corn, tomatoes, summer squash, and poblano chiles are all in season late summer to early fall. This recipe combines them with cooked chicken and pasta for a simple, seasonal dinner treat. Substitute veggies to your taste.

Ingredients

- 2 medium zucchini (approx. 1 lb.), washed and cut into cubes about 1 inch
- 4 ears of corn, shucked (about 2 cups of kernels) *
- 2 medium poblano peppers (either minced finely or roasted & chopped small)
- 1–2 Tbsp. canola/safflower oil
- Coarse salt and freshly ground black pepper to taste

- 2 large ripe tomatoes, cored and chopped
- 1 small onion (or big shallot), chopped
- 1 Tbsp. finely chopped garlic
- Juice of one lime
- 1/2 cup fresh cilantro, finely chopped
- Coarse salt and freshly ground black pepper to taste

- 8 oz. cooked chicken (white and/or dark meat), cut into small pieces
- 8 oz. whole wheat pasta (your choice; white can be substituted)
- 1/4 cup crumbled queso fresco, optional

Directions

1. Over high heat, put oil in a skillet large enough to hold the zucchini, corn, and poblanos. Add veggies when oil is hot; shake pan and stir contents frequently until everything is browned. After about 5 minutes, remove vegetables to a bowl. Taste to see if you want more salt and/or pepper.
2. Put the pasta water on the stove to boil. (Cook the pasta until it's done but not mushy.) Drain well when done, saving about a cup of the pasta water.
3. In another bowl, big enough for all the recipe ingredients, mix tomatoes, onion, garlic, lime juice and cilantro (salsa cruda) – add salt and pepper to taste. Set aside while pasta cooks.
4. Add the sautéed vegetables to the big bowl with the salsa, then the pasta and chicken. Toss everything together, adding some of the pasta water if it seems too dry. Taste for seasoning. Toss again and serve – either warm or at room temperature.

* If necessary, frozen, plain corn can be substituted.

Recipe adapted, slightly, from "The Food Matters Cookbook" by Mark Bittman.

More tips & recipes at www.localorganicmeals.com