



JULY 2012

SUMMER HARVEST RICOTTA PASTA TOSS

When local vegetables are abundant at the market, highlight their fresh flavours with this simple pasta with a light sauce that's ready by the time the pasta is cooked.

- 12 oz (375 g) rigatoni or penne pasta
- 1 cup (250 mL) frozen or fresh green peas
- 1 tbsp (15 mL) butter
- 4 green onions, sliced
- 3 cloves garlic, minced
- 1 sweet red pepper, diced
- 1 cup (250 mL) Canadian Ricotta cheese
- 1¼ cups (300 mL) milk
- ½ cup (75 mL) grated Canadian Parmesan cheese, divided
- Salt and pepper
- 1 zucchini, shredded, divided
- ¼ cup (60 mL) chopped fresh basil
- 1 tsp (5 mL) grated lemon zest
- 1 tbsp (15 mL) freshly squeezed lemon juice

1. In a large pot of boiling, salted water, cook pasta according to package directions almost until tender. Stir in peas and boil for 1 min. **2.** Meanwhile, in a medium saucepan, melt butter over medium heat. Add onions, garlic and red pepper; sauté for 3 minutes or until tender. Stir in Ricotta cheese, then milk; reduce heat to medium-low and heat, stirring often, for about 5 min or just until hot (do not let boil). Stir in ¼ cup (60 mL) of the Parmesan cheese. Remove from heat. **3.** Drain pasta and return to pot. Pour sauce over top, stir in half of the zucchini, the basil, lemon zest and juice and toss to coat. Season with up to ½ tsp (2 mL) salt and pepper to taste. Divide among warmed serving bowls and sprinkle with remaining zucchini and Parmesan cheese if desired.

Prep: 10 min • Cook: 10 to 15 min • 4 servings

Tip for Kids: To change things up, try fun-shapes of pasta such as farfalle (bow-ties), corkscrew-shaped cavatappi (scoobi doo) or any of the novelty shapes often available at large supermarkets and specialty stores.

For the Adventurous: Replace the peas with chopped asparagus or green beans. Add chunks of salmon, scallops, shrimp and/or squid and poach in hot sauce before adding Parmesan in step 2.

Voir traduction française à la fin du calendrier.

NUTRITIONAL VALUE PER SERVING: Energy: 368 cal | Protein: 20 g | Carbohydrate: 39 g | Fat: 15 g | Fibre: 4.0 g | Sodium: 297 mg | Calcium: 354 mg

MILK FACT: 1 Food Guide serving = 50 g (1½ oz) of cheese (Cheddar, Mozzarella, Swiss, Feta, etc.).

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY