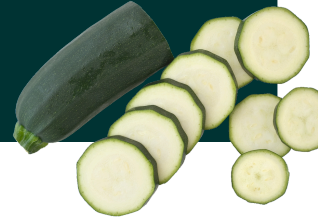


ROASTED ZUCCHINI PESTO PASTA

From the Kitchen of: Allison Wei, Community Member



Preparation Time: 15 minutes | **Cook Time:** 15 minutes | **Yield:** 2-3 bowls

Common Allergens: Wheat (Optional), Milk

This pasta, inspired by Meghan Markle's zucchini pasta, is impossibly creamy and hearty, yet wholesome. Zucchini gets roasted until it is falling apart, which forms the base of the sauce. Pesto and lemon are added for brightness. Combined with chickpeas for protein, this is the "perfect all-in-one recipe," according to Allison.

Growing up, Allison had what they call a "bit of a zucchini obsession." In middle school, they would eat a few zucchini every day! Allison says that they are no longer a "zucchini fanatic," but still love this summer vegetable!

INSTRUCTIONS:

- Preheat the oven to 425° F. Cut the zucchini lengthwise into thin planks. Drizzle the planks with oil and rub them with garlic powder, spice rub, salt, and pepper. Bake them on a sheet tray for 15 minutes until golden brown and slightly mushy.
- While the zucchini roasts, bring a pot of salted water to a boil. Follow the package instructions, but undercook by 2-3 minutes, so the pasta isn't entirely soft yet. The pasta will finish cooking in the sauce. Reserve about a cup of pasta water for the sauce before straining.
- When the zucchini has 5 minutes or less left in the oven, start on the pasta sauce. In a large pan, add oil, garlic, and chickpeas. Sauté the chickpeas for 4 minutes on medium heat until they are tender.
- Add all the roasted zucchini to the pan and cook for 2 minutes, stirring to combine. The zucchini should fall apart into a thick, creamy sauce.
- Now, add the pesto, pasta, cheese, grape tomatoes, lemon juice, and red pepper flakes (if using). Stir the pasta to coat it. To loosen up the sauce, add some of the reserved pasta water a little at a time until the sauce smoothly and evenly coats the pasta.
- Finish the pasta with salt & pepper to taste before serving.

"Last summer, I found a giant zucchini the size of my arm at the farmers market. This is why I love the farmers market! The sheer diversity of options brings me joy!"

INGREDIENTS:

FOR THE ZUCCHINI:

- 2 medium zucchini (or 1 giant zucchini, enough to fill a 9 x 13-inch sheet tray)
- 1 Tablespoon oil
- 2 teaspoons garlic powder
- 1 Tablespoon spice rub, such as Lawry's seasoning salt (or 1 teaspoon each of onion powder, Italian seasoning, and paprika)
- Salt and pepper, to taste

FOR THE PASTA:

- 2 cups of small pasta
- 1 Tablespoon oil
- 3 cloves garlic
- 1/2 (14-ounce) can of chickpeas
- Heaping 1/4 cup of pesto (store-bought or homemade)
- 1/4 cup goat cheese (or any cheese of choice)
- 1/4 cup grape tomatoes, halved
- Juice of 1 lemon
- 1 teaspoon red pepper flakes (optional)