



SQUASH PASTA

EQUIPMENT:

JULLIENE MANDOLIN OR
JULLIENE PEELER OR
KNIFE AND SOME SKILLS
SAUTE PAN
LARGE BOWL

INGREDIENTS:

1 TBL. OLIVE OIL
2 OZ. GREEN PEAS
4 OZ. HHF PESTO

2 MEDIUM SQUASH
ANY SQUASH SUCH AS
ZUCCHINI, YELLOW OR
GOLDEN SQUASH.

METHOD:

FIRST

WASH THE SQUASH AND DRY THEM BEFORE USING. IF YOU ARE USING A MANDOLIN BE VERY CAREFUL WHILE SLICING THE SQUASH. MANDOLINS ARE THE IDEAL TOOL FOR THIS APPLICATION BUT ARE ALSO VERY DANGEROUS IF YOU HAVE NEVER USED ONE. PLEASE USE THE HAND GUARDS. IF USING THE JULLIENE PEELER, START AT THE TOP OF THE ZUCCHINI AND SLIDE IT DOWN TO THE BOTTOM. YOU SHOULD NOW HAVE LONG STRANDS OF ZUCCHINI THAT LOOK SPAGHETTI LIKE. IF USING A KNIFE, FIRST SLICE THE ZUCCHINI LENGTHWISE. THEN STACK THEM AND SLICE LENGTHWISE AGAIN UNTIL YOU HAVE THE SAME RESULT. CUT ALL OF THE ZUCCHINI IN THIS MANNER.

SECOND

HEAT THE SAUTE PAN AND THE OIL. ONCE HEATED OVER MEDIUM HIGH HEAT, ADD THE PEAS AND THE STRANDS OF PASTA AND SAUTE FOR ABOUT TWO MINUTES. YOU WANT TO SQUASH TO START TO BECOME TRANSLUCENT BUT STILL RETAIN ITS TEXTURE.

THIRD

ONCE THE PASTA IS TENDER AND THE PEAS ARE COOKED, TOSS THE PASTA IN A LARGE BOWL WITH THE BASIL PESTO. YOU CAN ALSO DO THIS IN THE PAN BUT YOU RUN THE RISK OF THE CHEESE STICKING TO THE PAN AND NOT THE PASTA. ENJOY!