

RECIPE CREDIT: JOHN DOWNS, HEART TRANSPLANT RECIPIENT, MAY 8, 1989

EASY PASTA WITH ZUCCHINI AND MUSHROOMS



A very simple pasta dish, using simple, wholesome ingredients.

FILEJA Pasta is of ancient origins and widely associated with the area of Vibo Valentia.

This pasta is only a few millimeters thick, light yellowing in color, and in the shape of an elongated screw. I purchased the FILEJA pasta at Cost Plus World Market. Brand name is Regioni d'Italia. Linguini cut (broken) in half will work as a substitute if you cannot find this exact noodle. When I made this dish up, I was thinking of Cacio e Pepe which is a very

simple pasta dish with butter, fresh cracked black pepper, parmesan, and pecorino cheese. I guess that is the inspiration for this recipe. Because I always modify and do not follow recipes with any exactitude, I always suggest that individuals use the quantities I list as guidelines.

YEILD: 5 servings

INGREDIENTS

10 OZ. FILEJA PASTA, COOKED PER PACKAGE DIRECTIONS
1 CUP PASTA WATER, RESERVED
40 GRAMS FRESH GARLIC, ROUGH CHOPPED
90 GRAMS SHALLOTS (ABOUT 2 MEDIUM LARGE SHALLOTS PEELED, THEN CUT ¼ INCH LENGTHWISE, THEN SLICED ¼ INCH THICK)
8 OZ. MUSHROOMS, EITHER CRIMINI OR BABY BELLA'S, WASHED THEN HALFED, THEN CUT INTO 1/4 INCH SLICES
2 MEDIUM ZUCCHINI, ENDS TRIMMED AND CUT LENGTHWISE INTO ¼ PORTIONS, THEN CUT INTO ¼ INCH SLICES
1 GENEROUS TBSP BLACK PEPPER
JUICE FROM 1 LEMON
¼ CUP PARMESAN CHEESE, FRESHLY GRATED (PLUS, IF DESIRED, AS GARNISH WHEN SERVING)
2 TBSP FRESH PARSLEY
3 TBSP UNSALTED BUTTER, DIVIDED
1 TBSP OLIVE OIL

DIRECTIONS

- 1) Bring 4 quarts water to boil. Add pasta and allow to boil until pasta is done.
- 2) Meanwhile, in large pan, melt 2 tbsp butter in olive oil over medium to medium high heat.
- 3) Add garlic and shallots. Cook, stirring until translucent, about 5 minutes.
- 4) Add zucchini and mushrooms, stir, combine with garlic and shallots. Cook for 5-8 minutes, being careful not to overcook zucchini. (You want zucchini to have firmness in the final dish)
- 5) When pasta is done, reserve 1 cup of cooking water, then drain and add pasta to mixture in pan.
- 6) Add pepper, lemon juice, 1 tbsp butter, and reserved pasta water. Mix well and bring liquid to low simmer.
- 7) Add parmesan cheese and parsley. Mix well. Serve and enjoy.

NUTRITION (per serving)

CALORIES 394, TOTAL FAT 12g, SATURATED FAT 6g, CHOLESTEROL 21mg, SODIUM 422mg, CARBOHYDRATE 58g, DIETARY FIBER 4.7g, TOTAL SUGARS 3.3g, PROTEIN 14g, VITAMIN D 163mcg, CALCIUM 88mg, IRON 4mg, POTASSIUM 451mg