



Penne with Zucchini, Summer Squash and Ricotta

“Succulent Squash”

Yield: 6 servings

Serving Size: 1/6 of recipe

Ingredients:

- 1 cup part-skim ricotta cheese
- 2 pounds zucchini and summer squash (you want 2 pounds total)
- 2 tablespoons olive oil
- 3 garlic cloves, chopped or minced
- 3 tablespoons fresh basil
- pinch of salt and black pepper, if desired
- 1 pound whole wheat or multi-grain penne pasta
- freshly grated parmesan cheese

Directions:

Start water for the pasta. Slice zucchini and summer squash into pieces roughly the size of the penne. Heat oil in a wide skillet. Add zucchini and summer squash and sauté over medium-high heat until golden, about 5 minutes. Add the garlic and basil. Remove from heat and season with salt and pepper, if desired. When the water boils, add penne. Cook until al dente and drain. Add penne to the zucchini. Toss (season with salt and pepper if desired) then add the ricotta in spoonfuls. Grate parmesan cheese over the dish and serve.

(Each serving provides 427 calories, 102 calories from fat, 11.3 grams fat, 3.4 grams saturated fat, 16 mg cholesterol, 235 mg sodium, 65 grams carbohydrates, 9 grams fiber, 4 grams sugar, 17.5grams protein)

Source: Adapted from *Local Flavors*, Deborah Madison, 2002