



Fresh Fettuccini with Summer Vegetables & Feta

Serves 6

Recipe courtesy of Harmons

Assorted summer vegetables:

- 1 zucchini, cut in 1/2 inch slices
- 1 summer squash, cut in 1/2 inch slices
- 1/2 eggplant, cut in 1/2 inch slices
- 1 red pepper, cut in half to grill
- 2 tomatoes quartered
- 1 tablespoon grape seed oil
- 2 garlic cloves, minced
- 1 bunch kale, tops only cut in ribbons
- 3 ounces feta cheese

Heat grill to medium high heat. In a small bowl, mix oil and garlic. Using a pastry brush, lightly coat the vegetables and season lightly with salt and pepper. Grill vegetables for 2-5 minutes. Remove from grill and cut into bite size pieces. Cover with foil to keep warm.

Drop pasta into water to cook. Remove noodles and toss with grilled vegetables. Serve the pasta with feta cheese.

Fresh Beet Pasta Noodles

- 2 cups bread flour, plus extra 1/2 cup if needed
- 1/2 cup semolina flour, (bob's red mill)
- 3/4 teaspoon sea salt
- 1 large egg yolk
- 1/3 cup red beet puree*
- 2 teaspoons olive oil

For red beet puree: Boil 1-2 red beets until fork tender. Remove and place in cold water. When cool enough to handle, peel beets and cut into 8 pieces. Puree in food processor or blender.

In food processor with dough blade add 2 cups flour, semolina and salt. Pulse until combined. Add red beet puree to flour mixture. Pulse until beets and flour are combined. Flour will start to change to red color.

Turn processor on and add egg yolk through the top opening. Drizzle in olive oil. Pulse until dough looks like cornmeal.

Pour mixture onto lightly floured counter. Knead until dough comes together and does not stick to hands. If pasta is dry add 1 teaspoon of water. If too wet add extra flour. Allow dough to rest 15-45 minutes.

When ready to roll noodles, set pasta roller to largest setting. Cut dough into 4 pieces. Using 1 piece at a time, roll dough through setting 1 three times. Repeat with other 4 pieces. Adjust setting to number 2, send dough through twice. Repeat with each piece of pasta dough. Repeat process working through the number 3, 4, 5 and 6, sending dough through each number twice.

Attach fettuccini pasta attachment. Send each sheet of dough through cutter. As dough is cut carefully place on pasta rack or cookie sheet dusted with flour. Carefully separate noodles.

Heat large stockpot of water to a boil and add a small amount of salt. Cooking in two batches, drop pasta into boiling water. Allow to cook for 4-5 minutes. Pasta will float to top, getting lighter and fuller when ready.

Remove from water and serve immediately with grilled vegetables and feta cheese.

Nutritional Analysis

Serving Size: 1/6 of recipe

Calories	340
Fat	9g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	45mg
Sodium	470mg
Carbohydrates	53g
Dietary Fiber	4g
Sugars	5g
Protein	12g
Potassium	274mg