



## ***Farmer's Market Mediterranean Pasta***

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**Serves 8**

- 1 lb. orzo pasta (or other small pasta)
- 2 zucchini, chopped
- 1 yellow squash, chopped
- 1 eggplant, chopped (skin may be left on or peeled according to your preference)
- 1 large yellow onion (or 2 smaller), chopped
- 1.5 cups cherry tomatoes, sliced in half
- 2 cloves garlic, minced
- 3 T pine nuts, toasted
- 1/4 c coarsely chopped Parmesan Cheese
- 2 Tbsp + 1 Tbsp extra virgin olive oil
- 1/8 tsp Salt & 1/4 tsp Pepper, or to taste

1. Bring a large pot of water to boil for the pasta - cook to al-dente and reserve 1/2 cup of the cooking liquid.
2. While the water comes to a boil, heat a large skillet over medium heat; add 2 Tbsp of the olive oil, then add the chopped onion. Sauté until the onion is translucent; about 5-7 minutes. Add the halved tomatoes and garlic, stir to combine and reduce heat to low. Let simmer about 15 minutes.
3. In a small dry skillet or on a baking sheet, toast the pine nuts until fragrant. They roast quickly, so take care not to burn them. When lightly golden, set aside.
4. Combine the zucchini, yellow squash, and eggplant with the tomato & onion mixture. Cook until the eggplant is tender; about 5 minutes.
5. In a large bowl combine the cooked pasta, 1/2 cup reserved cooking liquid (pasta water), & veggie mixture. Top with the extra 1 Tbsp olive oil, Parmesan Cheese, pine nuts, salt and pepper.
6. Can be served hot or cold.

### **Nutritional Analysis: (using peeled eggplant)**

Calories	330
Fat	10g
Saturated Fat	1.5g
Cholesterol	5mg
Sodium	220mg
Carbohydrates	52g
Dietary Fiber	5g
Protein	12g

### **Diabetic Exchanges:**

Protein	1.5
Fat	2
Carbohydrates	3.5