



Shaved Squash and Tomato Pasta

READY IN



25 min.

SERVINGS



4

CALORIES



592 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bunch basil chopped
- 4 ounces mozzarella cheese smoked fresh roughly chopped (regular or)
- 1 clove garlic
- 2 pounds heirloom tomatoes assorted chopped
- 4 servings kosher salt
- 0.3 cup olive oil extra-virgin plus more for drizzling
- 0.3 cup parmesan cheese grated plus more for topping
- 4 servings pepper freshly ground
- 12 ounces mezzis rigatoni

1 small baby squash yellow

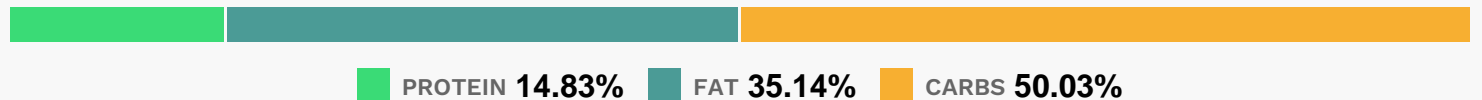
Equipment

- bowl
- pot
- mandoline
- chefs knife
- box grater

Directions

- Bring a large pot of salted water to a boil.
- Add the pasta and garlic and cook as the pasta label directs; reserve 1 cup of the cooking water, then drain.
- Meanwhile, thinly slice the squash on the wide side of a box grater (or use a mandoline).
- Combine the squash, tomatoes, olive oil and basil in a large bowl; add 1 teaspoon salt, and pepper to taste.
- Mash the cooked garlic with the flat side of a chef's knife; add it to the bowl along with the pasta, grana padano and mozzarella. Toss until combined, adding the reserved pasta water as needed to moisten. Season with salt and pepper. Divide among bowls; drizzle with olive oil and top with more grana padano.
- Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:2.85, Inflammation Score:-9, Nutrition Score:24.817391434441%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.31mg, Myricetin:

0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 591.79kcal (29.59%), Fat: 23.26g (35.79%), Saturated Fat: 6.93g (43.33%), Carbohydrates: 74.5g (24.83%), Net Carbohydrates: 68.66g (24.97%), Sugar: 9.24g (10.27%), Cholesterol: 26.65mg (8.88%), Sodium: 489.2mg (21.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.08g (44.17%), Selenium: 60.15µg (85.93%), Manganese: 1.15mg (57.43%), Vitamin A: 2294.78IU (45.9%), Vitamin C: 36.68mg (44.46%), Phosphorus: 372.54mg (37.25%), Vitamin K: 36.25µg (34.52%), Calcium: 267.73mg (26.77%), Potassium: 842.16mg (24.06%), Fiber: 5.84g (23.36%), Vitamin E: 3.38mg (22.55%), Magnesium: 85.1mg (21.28%), Copper: 0.41mg (20.56%), Vitamin B6: 0.4mg (19.77%), Zinc: 2.7mg (17.98%), Folate: 61.7µg (15.43%), Vitamin B3: 3.01mg (15.04%), Vitamin B2: 0.24mg (14.09%), Vitamin B1: 0.19mg (12.52%), Vitamin B12: 0.72µg (12.02%), Iron: 2.16mg (12%), Vitamin B5: 0.69mg (6.92%)