



Spaghettini Squared: Pasta with Olive Oil, Garlic, and Zucchini

READY IN



30 min.

SERVINGS



4

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons basil leaves fresh coarsely chopped
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 cup parmesan grated plus a small piece
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.8 pound spaghettini dried whole-wheat

- ☐ 0.8 pound zucchini

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ mandoline
- ☐ colander

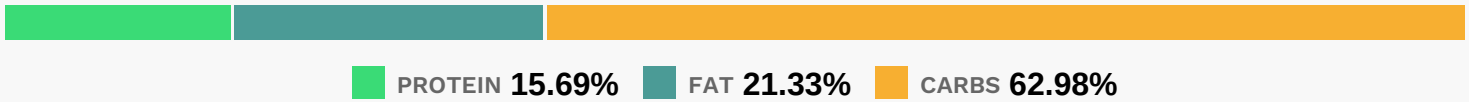
Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of water to a boil and add salt.
- ☐ Add the pasta and cook until al dente, about 10 minutes. While the water comes to a boil and the pasta cooks, cut the zucchini with the fine French-fry cutter on a mandoline. If you do not have one, cut by hand into the longest, finest julienne you can manage. Season with salt and pepper. If your zucchini is very finely cut, it does not need to be cooked. Otherwise, place in a colander, suspend over the pasta pot, cover the pot, and steam the zucchini until still slightly crunchy, about 2 minutes.
- ☐ Heat 1/4 cup of the olive oil in a small skillet over medium-high heat until hot.
- ☐ Add the garlic and saute briefly until light brown. Turn on the exhaust fan and add the red pepper flakes. Quickly mix in the basil and parsley and remove from the heat. When the pasta is al dente, drain through a colander, reserving about 1/2 cup of the pasta cooking water.
- ☐ Pour the pasta into a warm serving bowl; add the zucchini, basil oil, the garlic mixture, and 1/2 cup of the cheese. Toss well, adding cooking water as needed to make a smooth sauce. Taste for seasoning and add salt and pepper, as needed. Grate about 2 tablespoons Parmesan over the top and serve at once. Cook's Note: The reason to save the basil oil to toss with the pasta at the end is so the oil will have a fresh, uncooked taste.
- ☐ For soft herbs, such as basil, parsley, cilantro or tarragon: Use 4 cups packed leaves to 2 cups pure olive oil. For woody herbs, such as rosemary, sage, thyme, oregano or lemon verbena:

Use 1 cup packed leaves to 2 cups pure olive oil. In a blender, puree the herbs and oil until completely smooth.

- ☐
- Put the mixture in a saucepan and bring it to a simmer over moderate heat. Simmer for 45 seconds, then pour through a fine-mesh strainer into a bowl. Don't press on the mixture, but you can tap the strainer against your hand to get the oil to drip through faster. Immediately strain the oil again through a flat-bottomed paper filter. If the filter clogs, you may need to change the filter partway through. It's okay to pick the filter up and squeeze it gently to get the oil out faster, but be careful not to break the filter. (Sometimes a little dark liquid comes through the filter first. Don't worry; that's water. It will settle to the bottom because it is heavier than the oil.)
- ☐
- Let the filtered oil settle for a few hours, then pour it off the dark liquid. Store in an airtight jar in a cool, dark place. Cook's Notes: The oil passes through the filter faster if it's filtered while still hot, so set up your filter before you start the recipe. You'll need a flat-bottomed paper filter, like those used for some drip coffee machines. Cone-shaped filters tend to get clogged.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:26.32, Inflammation Score:-7, Nutrition Score:18.239565181991%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 434.71kcal (21.74%), Fat: 10.27g (15.8%), Saturated Fat: 3.12g (19.49%), Carbohydrates: 68.23g (22.74%), Net Carbohydrates: 64.37g (23.41%), Sugar: 4.58g (5.09%), Cholesterol: 8.5mg (2.83%), Sodium: 218.24mg (9.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.99g (33.99%), Selenium: 57.36µg (81.95%), Manganese: 1.04mg (51.86%), Vitamin K: 46.73µg (44.5%), Phosphorus: 288.84mg (28.88%), Vitamin C: 19.4mg (23.52%), Calcium: 193.45mg (19.34%), Magnesium: 69.39mg (17.35%), Vitamin B6: 0.33mg (16.5%), Copper: 0.32mg (15.97%), Fiber: 3.86g (15.43%), Potassium: 460.94mg (13.17%), Zinc: 1.91mg (12.71%), Vitamin A: 590.36IU (11.81%), Vitamin B2: 0.18mg (10.74%), Iron: 1.85mg (10.25%), Folate: 40.86µg (10.22%), Vitamin B3: 1.96mg (9.81%), Vitamin B1: 0.13mg (8.71%), Vitamin E: 1.13mg (7.52%), Vitamin B5: 0.64mg (6.35%), Vitamin B12: 0.15µg (2.5%)