



Summer Pasta

READY IN



60 min.

SERVINGS



6

CALORIES



783 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter
- 2 medium carrots divided
- 0.5 cup basil fresh divided chopped
- 1 garlic clove minced
- 3 spring onion chopped
- 8 oz mascarpone cheese
- 5 tablespoons olive oil divided
- 1 small onion chopped
- 0.8 cup parmesan cheese freshly grated

- 17.6 oz pappardelle
- 4 oz pancetta
- 1 teaspoon salt divided
- 0.8 cup vegetable stock divided
- 1 lb to 3 sized squashes yellow divided
- 1 lb zucchini divided

Equipment

- food processor
- frying pan
- blender
- mandoline
- dutch oven
- peeler

Directions

- Cut 1 squash, 1 zucchini, and 1 carrot into 1/4-inch-thick slices.
- Place in a Dutch oven; add onion, garlic, 1/2 cup vegetable broth, 3 Tbsp. olive oil, and 1/2 tsp. salt. Cover and cook over medium-low heat, stirring occasionally, 20 to 30 minutes or until vegetables are very tender. Stir in 1/4 cup basil; cool 10 minutes.
- Meanwhile, saut prosciutto in a lightly greased large nonstick skillet over medium heat 6 to 8 minutes or until browned and crisp; remove from skillet. Wipe skillet clean.
- Process cooked squash mixture and remaining 1/4 cup broth in a blender or food processor until smooth. Wipe Dutch oven clean.
- Cook pasta in Dutch oven according to package directions; drain, reserving 1 cup hot pasta water. Return hot cooked pasta to Dutch oven.
- Cut remaining squash, zucchini, and carrot lengthwise into very thin, ribbon-like strips using a mandoline or Y-shaped vegetable peeler. Stack ribbons, and cut in half lengthwise.
- Melt butter with 1 Tbsp. olive oil in skillet over medium heat; add vegetable ribbons, green onions, and remaining 1/2 tsp. salt, and saut 5 minutes or just until tender.

- Transfer to a plate, and cover.
- Cook squash mixture, mascarpone cheese, and 1/4 cup Parmesan cheese 3 to 4 minutes or just until sauce is hot and cheese is melted.
- Pour sauce over pasta; toss to coat, adding desired amount of reserved hot pasta water to thin sauce, if necessary. Top with vegetable ribbons, prosciutto, and remaining 1/2 cup Parmesan cheese and 1/4 cup basil.
- Drizzle with remaining 1 Tbsp. olive oil.
- Note: We tested with Bionatur Organic Pappardelle Traditional Egg Pasta.

Nutrition Facts

PROTEIN 11.64%

FAT 52.35%

CARBS 36.01%

Properties

Glycemic Index:65.31, Glycemic Load:26.86, Inflammation Score:-10, Nutrition Score:27.961739166923%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 783.27kcal (39.16%), Fat: 45.73g (70.35%), Saturated Fat: 18.94g (118.35%), Carbohydrates: 70.77g (23.59%), Net Carbohydrates: 65.47g (23.81%), Sugar: 6.99g (7.76%), Cholesterol: 136.02mg (45.34%), Sodium: 925.62mg (40.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.76%), Selenium: 74.22µg (106.03%), Vitamin A: 4681.63IU (93.63%), Manganese: 1.08mg (53.79%), Phosphorus: 379.5mg (37.95%), Vitamin C: 30.09mg (36.47%), Vitamin K: 36.79µg (35.04%), Vitamin B6: 0.58mg (29.16%), Calcium: 235.98mg (23.6%), Magnesium: 87.6mg (21.9%), Potassium: 766.03mg (21.89%), Fiber: 5.3g (21.19%), Vitamin B2: 0.33mg (19.66%), Zinc: 2.94mg (19.59%), Vitamin B1: 0.29mg (19.41%), Folate: 76.3µg (19.07%), Copper: 0.37mg (18.34%), Vitamin B3: 3.49mg (17.46%), Vitamin E: 2.55mg (17.03%), Iron: 2.57mg (14.3%), Vitamin B5: 1.26mg (12.59%), Vitamin B12: 0.51µg (8.47%), Vitamin D: 0.39µg (2.58%)