



PASTA WITH ZUCHINNI

3 Zucchini sliced
1 Large onion diced
4 Cloves crushed garlic
1 16oz can of diced tomatoes
1 12oz box of shell pasta
Olive oil for sautéing
Fresh Oregano
Grated Parmesan Cheese
Salt and Pepper

Start by putting water on to boil for pasta. Add olive oil to pan and sauté the zucchini and onions for about 15 min. or until tender. Once your pot of water has begun to boil cook the pasta till it is al dente – just slightly firm in the center. When the zucchini and onions are tender add the crushed garlic and Parmesan cheese. Let flavors come together for a minute or two then add the can of diced tomatoes and season with salt and pepper and oregano. Cook for another 10 min. Drain pasta when ready, saving about a ½ cup of pasta water in pot. Add pasta and sauce into pot and mix together. Season with more salt, pepper & Parmesan cheese if needed.