

## ***Fresh Summer Squash Pasta*** from *Urban Sacred Garden*



This basic pasta highlights the buttery, tasty squash you can only find in summer. Generally, the smaller the zucchini, or other varieties of summer squash, the better. If you're growing your own it is easy to fall into the belief of "bigger is better", but summer squash is more flavorful and tender when it is small. Pick it early for the best taste. Add to pasta with a few simple herbs, sauce and butter - Yum! Yield: About 4 Servings

### **INGREDIENTS:**

6 Cups Cooked Pasta of Choice (I used a combo of Fusilli and Shells), Cooked al Dente  
2-3 Small Summer Squash, cut into large chunks  
3 Tbsp Butter  
3 Tbsp Fresh Chives, chopped  
6 Tbsp Fresh Basil, chopped  
1 1/2 Cups Fresh Tomato Sauce  
1/2 Cup Low-fat Cottage Cheese  
Parmesan Cheese to Garnish  
Fresh Ground Pepper  
Fresh Ground Sea Salt

### **DIRECTIONS:**

1. In a small saucepan combine Squash, Butter, Chives and Basil. Cover with a lid and cook over medium low heat, stirring occasionally, until squash is steamed to your desired tenderness (for me, this is about 15 minutes). In a separate large pan cook pasta in lightly salted, boiling water until al Dente.
2. When pasta is finished strain pasta in a colander (reserving 2 Tbsp pasta water). Add pasta, reserved water, Tomato Sauce, Cottage Cheese and Buttered Squash back into the large pasta pan. Season with Salt and Pepper as needed. Mix to combine and heat gradually over medium low heat until hot, stirring occasionally to prevent sticking.
3. Scoop servings into individual bowls and garnish with a sprinkle of Parmesan Cheese. Eat while steamy. Enjoy!