

Whole Wheat Pasta Pomodoro

with Shrimp and Grilled Peppers

In the summer time at Frankie's we grill red and yellow bell peppers to serve with sausage in a seasonal gnocchi dish. One day when I was making lunch, I decided to put them together with some whole wheat pasta along with sautéed shrimp, mushrooms and Pomodoro Sauce. It was a stroke of genius!

Serves 5-6 as main course
7-8 as a first course

1 pound whole wheat pasta--such as spaghetti or linguine

1 recipe Pomodoro Sauce--
recipe on page following

3-4 tablespoons extra virgin olive oil

1 small yellow bell pepper--cut in bite size pieces

1 small red bell pepper--cut in bite size pieces

6-8 mushrooms--cleaned and sliced (optional)

12 ounces of shrimp--peeled and deveined--tails off

fresh Italian Parsley--chopped

1. Prepare Pomodoro sauce (recipe on page following). This can be done a day or two ahead if you like--which actually makes the flavor even better.
2. Toss cut up peppers and mushrooms in olive oil and grill in a hot skillet until softened and peppers are blackened slightly. transfer to a paper towel to drain.
3. Begin water for pasta—3-4 quarts with a tablespoon of salt added after the water begins to boil.
4. Heat 2 tablespoons of the olive oil in a large sauté pan or straight sided skillet over medium heat. Cook until shrimp are a nice white-coral color, but still moist. Add Pomodoro sauce, peppers and mushrooms. Turn off heat.
5. When water is boiling, cook pasta until nearly al dente. Drain, reserving about a quarter cup of the pasta water.
6. Add pasta to shrimp and sauce mixture. Add reserved pasta water. Warm over medium heat until sauce is hot through.
7. Platter and garnish with Italian parsley.



Suggested Wine: *Valpolicella*

In Veneto, they produce a wine called Valpolicella, made from the little known indigenous grapes Corvina, Rondinella, and Molinara. The wine is generally light-bodied, velvety, and very aromatic with soft tannins. It has flavors of cherry or berry fruits and a good acidity and zestiness which would go great with this pasta.

Frankie's recommendation: *Allegrini Valpolicella Classico*

Frankie's Tips:

- ◆ Fresh shrimp are always best though frozen will work fine. The freshest shrimp usually come with their peels on, but I would buy them deveined unless you want a lot of tedious work. If you buy them with peels on, peel them before sautéing.



Pomodoro Sauce

This delicious sauce is a lighter, fresher version of tomato sauce and is super quick and easy to make. It's not cooked, and I recommend minimal contact with heat when warming it. It is also delicious cold, so you could use it in a cold pasta salad or serve it chilled with angel hair or spaghetti on a hot summer day.

5-6 servings

1 - 28 oz. can Whole Peeled Tomatoes

2-3 cloves fresh garlic—pressed

1/4 cup fresh basil—julienned

1/2 teaspoon salt (preferably Sea Salt)

1/2 teaspoon sugar (or more to
your taste)

1/4 cup extra virgin olive oil

1. Smell the fresh basil and say “thank you” to God for the good things in life.
2. Place the tomatoes with their juice in a large bowl. With your hands, crush and break up the tomatoes.
3. Stir in remaining ingredients. Refrigerate. I told you this was quick and easy!

Frankie's Tips:

- ◆ This sauce is at its best if made in advance so the flavors meld together. I suggest making it at least four hours before serving, or even a day ahead.
- ◆ For the best quality sauce, check out my canned tomato recommendations in my cook book.