

# Farmer's Market Pasta

This is what the Italian's call a Giardiniera, or Garden Vegetable sauce. I've chosen to name my version "Farmer's Market Pasta" because I love to support the local farmers and I believe that local farmer's markets are one of the best places to buy fresh and full-flavored local produce.

Recipes for Giardiniera sauces are very flexible. You can use whatever fresh, seasonal vegetables that you like. Often the base sauce would be a standard tomato or Marinara sauce. I've chosen to do this version with our un-cooked Pomodoro sauce which is a little lighter and fresher.

5-6 servings

1 pound bow-tie or pasta of your choice

1 recipe Pomodoro Sauce (page 105)

fresh vegetables of your choice--cut into bite size pieces

Extra Virgin olive oil (to toss vegetables with)

Parmesan or other hard Italian cheese--grated or curled

fresh herb of your choice for garnish

1. Prepare Pomodoro sauce and set aside. Its even better if made a day ahead and refrigerated overnight.
2. Toss vegetables with olive oil and cook until tender (see Frankie's Tips).
3. Heat 4 quarts of water and add a tablespoon of salt when it begins to boil. Cook pasta until al dente. Reserve 1/4 cup of pasta water before draining.
4. While pasta is cooking, combine sauce and veggies and warm gently over low heat. Salt and pepper to taste.
5. When pasta is al dente, add to sauce along with the 1/4 cup of reserved pasta water. Toss together.
6. Garnish with cheese and herbs.
7. Tell God "mille grazie" for the delicious meal that is going to make you vibrant and healthy!



## Suggested Wine: *Nebbiolo*

The name Nebbiolo comes from the root word nebbia which means fog in Italian. It hails from the northern Italian region of Piedmont where the fog sits upon the valleys and hillsides throughout the autumn, slowing the ripening process, and developing great depth of character.

**Frankie's recommendation:**  
*Proprieta Sperino "Uvaggio"*  
*Rosso Nebbiolo*

## Frankie's Tips:

- ◆ If the weather is nice, consider grilling your vegetables on the barbecue! This is my favorite way to cook them for optimal flavor. If you don't have a vegetable grilling pan for your barbecue, then cut the vegetables in larger slices for grilling and then cut them smaller afterwards. You could also skewer them.
- ◆ Another good method is to cook them in a grill pan with raised ridges. If you don't have one, any sauté pan will work.
- ◆ Depending on the season, some of my favorite veggies for this are asparagus, peppers, zucchini or other squash, eggplant, broccoli raab, and onions (small onions like Cipollini's are perfect).

