



*"Getting kids excited about wholesome, healthy food"*

## Pasta la Vista

### Menu

*Seven-Yolk Pasta Dough*  
*Beef and Spinach Ravioli with Tomato Sauce*  
*Pappardelle with Sausage, Summer Squash, and Cherry Tomatoes*  
*Spaghetti al Pomodoro*  
*Cacio e Pepe*  
*Butternut Squash Macaroni and Cheese*  
*Lemon Orzo with Asparagus*

## Seven-Yolk Pasta Dough

### Ingredients

1 3/4 cups (8 ounces) all-purpose flour  
6 large egg yolks  
1 large egg  
1 1/2 tsp olive oil  
1 tbsp milk

### Directions

Mound flour on a board or other surface and create a well in the center, pushing the flour to all sides to make a ring with sides about 1-inch wide. Make sure that the well is wide enough to hold all the eggs without spilling.

Pour the egg yolks, egg, oil and milk into the well. Use your fingers to break the eggs up. Still using your fingers, begin turning the eggs in a circular motion, keeping them within the well and not allowing them to spill over the sides. This circular motion allows the eggs to gradually pull in flour from the sides of the well; it is important that the flour not be incorporated too rapidly, or dough will be lumpy. Keep moving the eggs while slowly incorporating the flour. Using a pastry scraper, occasionally push the flour toward the eggs; the flour should be moved only enough to maintain the gradual incorporation of the flour, and the eggs should continue to be contained within the well. The mixture will thicken and eventually get too tight to keep turning with your fingers.

When the dough begins thickening and starts lifting itself from the board, begin incorporating the remaining flour with the pastry scraper by lifting the flour up and over the dough that's beginning to form and cutting it into the dough. When the remaining flour from the sides of the well has been cut into the dough, the dough will still look shaggy. Bring the dough together with the palms of your hands and form it into a ball. It will look flaky but will hold together.

Knead the dough by pressing it, bit by bit, in a forward motion with the heels of your hands rather than folding it over on itself as you would with a bread dough. Re-form the dough into a ball and repeat the process several times. The dough should feel moist but not sticky. Let the dough rest for a few minutes while you clean the work surface.

Dust the clean work surface with a little flour. Knead the dough by pushing against it in a forward motion with the heels of your hands. Form the dough into a ball again and knead it again. Keep kneading in this forward motion until the dough becomes silky smooth. The dough is ready when you can pull your finger through it and the dough wants to snap back into place. The kneading process can take from 10 to 15 minutes.

Even if you think you are finished kneading, knead it for an extra 10 minutes; you cannot over knead this dough. It is important to work the dough long enough to pass the pull test; otherwise, when it rests, it will collapse.

Double-wrap the dough in plastic wrap to ensure that it does not dry out. Let the dough rest for at least 30 minutes and up to 1 hour before rolling it through a pasta machine. The dough can be made a day ahead, wrapped and refrigerated; bring to room temperature before proceeding.

## **Beef and Spinach Ravioli Filling**

### Ingredients

- 1 lb lean ground beef
- 2 tablespoons butter
- 2 cloves garlic
- 1 1/2 cups cooked chopped spinach, squeezed dry
- 2 tablespoons chopped italian flat leaf parsley
- 4 eggs, slightly beaten
- 1/4 cup freshly grated parmesan
- 1 dash nutmeg

### Directions

Brown beef in butter with the whole clove of garlic. Remove garlic and let meat mixture cool. Mix spinach, parsley, eggs, cheese and nutmeg into cooled meat until well blended, set aside filling until needed.

## **Pappardelle with Sausage, Summer Squash, and Cherry Tomatoes**

serves 4

### Ingredients

- 8 oz pappardelle
- 2 italian sausage
- 1 zucchini or summer squash
- 1 large handful cherry tomatoes, halved

splash of cream  
½ bunch tarragon, chopped  
small handful basil, chopped  
1/4 cup parmesan cheese  
salt and pepper to taste

### Directions

Set a pot of water to boil. Heat a non-stick skillet over medium high heat with a little bit of olive oil. Remove the sausage from it's casing and, breaking it up into chunks as you go, add it to the pan. Use a wooden spoon or spatula to break the sausage up as it cooks, creating crumbles. Cut the zucchini or summer squash into dice, and half cherry tomatoes. When the sausage has just gotten crispy, around the time when the water for the pasta is boiling, add the cherry tomatoes, and cook until just starting to burst. Then add the zucchini to the sausage pan and add the pasta to the boiling water. Cook the pasta to desired consistency. When it is done, strain, and add to sausage pan. Sauté for about 30 seconds, mixing and stirring frequently. Add salt and pepper to taste, herbs, and a splash of cream. Pour pasta mixture on a plate. Top with parmesan cheese.

## **Spaghetti al Pomodoro**

serves 8

### Ingredients

1/4 cup extra-virgin olive oil  
1 medium onion, minced  
4 garlic cloves, minced  
1 pinch crushed red pepper flakes  
1 28 oz. can peeled tomatoes, puréed in a food processor  
Kosher salt  
3 large fresh basil sprigs  
12 oz. bucatini or spaghetti  
2 tbsp. cubed unsalted butter  
1/4 cup finely grated Parmesan or Pecorino

### Directions

Heat extra-virgin olive oil in a 12" skillet over medium-low heat. Add minced onion and cook, stirring, until soft, about 12 minutes. Add garlic and cook, stirring, for 2-4 minutes. Add crushed red pepper flakes; cook for 1 minute more. Increase heat to medium, add puréed tomatoes and season lightly with kosher salt; cook, stirring occasionally, until sauce thickens slightly and the flavors meld, about 20 minutes. Remove pan from heat, stir in basil sprigs, and set aside. Meanwhile, bring water to a boil in a 5-qt. pot. Season with salt; add spaghetti or bucatini and cook, stirring occasionally, until about 2 minutes before tender. Drain pasta, reserving 1/2 cup pasta cooking water. Discard basil and heat skillet over high heat. Stir in reserved pasta water to loosen sauce; bring to a boil. Add pasta and cook, stirring, until sauce coats pasta and pasta is al dente, about 2 minutes. Remove pan from heat; add butter and cheese; toss until cheese melts. Transfer to warm bowls; serve with more cheese, if desired.

## Cacio e Pepe

serves 4

### Ingredients

Kosher salt

6 oz. pasta (such as egg tagliolini, bucatini, or spaghetti)

3 tbsp. unsalted butter, cubed, divided

1 tsp. freshly cracked black pepper

3/4 cup finely grated Grana Padano or Parmesan

1/3 cup finely grated Pecorino

### Directions

Bring 3 quarts water to a boil in a 5-qt. pot. Season with salt; add pasta and cook, stirring occasionally, until about 2 minutes before tender. Drain, reserving 3/4 cup pasta cooking water. Meanwhile, melt 2 Tbsp. butter in a large heavy skillet over medium heat. Add pepper and cook, swirling pan, until toasted, about 1 minute. Add 1/2 cup reserved pasta water to skillet and bring to a simmer. Add pasta and remaining butter. Reduce heat to low and add Grana Padano, stirring and tossing with tongs until melted. Remove pan from heat; add Pecorino, stirring and tossing until cheese melts, sauce coats the pasta, and pasta is al dente. (Add more pasta water if sauce seems dry.) Transfer pasta to warm bowls and serve.

## Butternut Squash Macaroni and Cheese

### Ingredients

1 small butternut squash (about 1 pound), peeled, seeded, and cut into 1-inch cubes (about 3 cups)

1 cup homemade or low-sodium canned chicken stock, skimmed of fat

1 1/2 cups non-fat milk

pinch of freshly grated nutmeg

pinch of cayenne pepper

3/4 teaspoon coarse salt

freshly ground black pepper

1 pound elbow macaroni

4 ounces extra-sharp cheddar cheese, finely grated (about 1 cup)

4 tablespoons Parmesan cheese, finely grated (1 ounce)

2 tbsp fine breadcrumbs

1 teaspoon olive oil, cooking spray

1/2 cup part-skim ricotta cheese

### Directions

Preheat oven to 375 degrees. Combine squash, stock, and milk in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to medium; simmer until squash is tender when pierced with a fork, about 20 minutes. Remove from heat. Mash contents of saucepan; stir in nutmeg, cayenne, and salt, and season with black pepper. Stir to combine. Meanwhile, bring a large pot of water to a boil. Add noodles; cook until al dente according to package instructions, about 8 minutes.

Drain, and transfer to a large bowl; stir in squash mixture, cheddar, ricotta, and 2 tablespoons Parmesan.

## **Lemon Orzo with Asparagus**

### Ingredients

Dressing: 4 whole lemons, zested  
1 cups lemon juice  
6 cloves garlic, crushed  
 $\frac{3}{4}$  teaspoons salt  
2 teaspoon freshly ground black pepper  
1 cup extra virgin olive oil

### **Orzo:**

2 pounds thin-stalked asparagus, plus boiling water for cooking asparagus  
8 cups vegetable stock  
8 cups water  
2 tbsp salt  
1/2 tsp turmeric  
6 cups orzo pasta  
1 cup green onions, whites and stalks, thinly sliced optional: fresh parmesan to taste

### Directions

**Dressing:** Place the lemon zest, juice, garlic, salt, and pepper in a deep-sided bowl. Add the oil in a thin, steady stream while whisking the mixture vigorously to form an emulsion. Set aside.

**Orzo salad:** Clean the asparagus, remove the woody stems, and snap into one inch pieces. In a pot of boiling water, cook asparagus until just tender, about 2 minutes. Rinse asparagus immediately in cool water to stop cooking. Place the chicken stock and water in a large pot and bring to a boil. Add the salt and turmeric. Add the orzo and cook until tender—about 10 to 12 minutes. Drain orzo, but do not rinse it. Place the hot orzo in a spacious, heat-resistant bowl and add the asparagus and green onions. Whisk the dressing if needed and pour it over the salad. Mix well.