

Living Well Cancer Resource Center

Young Chefs! Pasta Palooza

**Pasta Primavera with Shrimp**

February 2020

- 1 (16 ounce) package whole grain rigatoni pasta
- 1 tablespoon olive oil
- 1 onion, sliced
- 3 cloves of garlic, crushed and chopped
- 1 small zucchini, chopped
- 1 small yellow squash, chopped
- 1 red bell pepper, chopped
- 8 oz sliced fresh mushrooms
- 1-28 oz can crushed tomatoes
- 1 tsp dried oregano
- 2 Tablespoons fresh basil, chopped
- ½ tsp red pepper flakes
- ¼ tsp salt
- ¼ tsp black pepper
- 2 pounds shrimp, peeled and deveined

1. Bring a large pot of lightly salted water to a boil. Cook rigatoni in the boiling water, stirring occasionally until cooked through but firm to the bite, about 13 minutes. Drain.
2. Heat vegetable oil in a skillet over medium heat; cook and stir onion and garlic until onion is tender, about 5 minutes. Add zucchini, yellow squash, bell pepper, and mushrooms; continue cooking and stirring until vegetables are tender, about 5 minutes more. Pour tomatoes into skillet and season with oregano, basil, red pepper flakes, salt, and black pepper; bring to a simmer.
3. Cook shrimp in vegetables sauce until they are bright pink on the outside and the meat is no longer transparent in the center, about 5 minutes. Serve shrimp and sauce over rigatoni.

## Ramen Noodles with Homemade Pesto and Sesame Seeds

4 cups baby spinach  
2 cups cilantro leaves with tender stems  
1 Tbsp. white miso  
1 garlic clove  
1/2 cup grapeseed or sunflower oil  
1 tsp. toasted sesame oil  
1 tsp. fresh lemon juice  
Kosher salt  
2 (5-oz.) packages fresh ramen noodles  
1 Tbsp. unsalted butter, cut into small pieces  
Toasted sesame seeds (for serving)

1. Bring a medium pot of water to a boil.
2. Meanwhile, purée spinach, cilantro, miso, garlic, grapeseed oil, sesame oil, and lemon juice in a blender until mixture is smooth and very green. Season with salt and pour pesto into a medium bowl.
3. Cook noodles according to package directions. Drain and add to bowl with pesto. Add butter and toss until butter is melted and noodles are coated in sauce.
4. Divide noodles between bowls and top with sesame seeds.

## Spaghetti Squash with Tex Mex

2 medium spaghetti squash  
1 small onion, finely chopped  
4 garlic cloves, crushed  
1 large bell pepper, diced  
14 oz red kidney or black bean beans, drained & rinsed  
1/2 tsp organic chili powder  
2 Tbsp diced canned chilis or jalapeños (or to taste)  
1 cup tomato sauce  
1/2 cup cilantro, finely chopped + more for garnish  
1 1/2 cups Colby Jack cheese, shredded & divided  
1/4 tsp salt  
1/2 tsp ground black pepper  
Cooking spray

1. Preheat oven to 375 degrees F. Cut squash in half and scoop out the seeds with a spoon. Lay skin side down on a rimmed baking sheet, lined with unbleached parchment paper, and sprinkle with salt and pepper. Bake for 45 mins or until cooked to a touch with a fork.
2. In the meanwhile, preheat medium skillet on medium heat and spray with cooking spray. Add onion, garlic, bell pepper and saute for 4 – 5 minutes or until golden brown, stirring occasionally. Add beans, chili powder, chilis/jalapeños, tomato sauce, cilantro and stir. Remove from heat and add 1/2 cup cheese. Stir again.
3. Remove baked spaghetti squash from the oven and let cool a few minutes. Fluff each squash “boat” with a fork releasing some of the strands, leaving the squash in a shell. Fill each “boat” with heaping 3/4 – 1 cup prepared bean/pepper etc. mixture and sprinkle with 1/4 cup cheese each. Bake for additional 10 minutes or until cheese is melted. Serve hot, garnished with extra cilantro.

## Zucchini Zoodles with Mozzarella and Balsamic

4 large zucchini  
4 tbsp. extra-virgin olive oil  
1 teaspoon kosher salt  
Freshly ground black pepper  
4 c. cherry tomatoes, halved  
2 c. mozzarella balls, quartered if large  
1/2 c. fresh basil leaves  
4 tbsp. balsamic vinegar

1. Using a spiralizer, create zoodles out of zucchini.
2. Add zoodles to a large bowl, toss with olive oil and season with salt and pepper. Let marinate 15 minutes.
3. Add tomatoes, mozzarella and basil to zoodles and toss until combined.
4. Drizzle with balsamic and serve.