



## Greenmarket Affordable Meals Series

*Quick and easy dishes from our market using the freshest seasonal ingredients, all for under \$5 per person*

# Natural Gourmet Institute

# WHOLE GRAIN PASTA WITH SUMMER SQUASH, CHERRY TOMATOES, & BASIL

*Recipe by Natural Gourmet Institute*

Prep: 10 minutes  
Cook: 25 minutes  
Total Time: 35 minutes

Yield: 4 Servings  
Level: Easy  
Market Cost: \$22.30

INGREDIENTS	MARKET AVAILABILITY	PRICE (APPROXIMATE)
*1 package whole wheat pasta	Wed & Sat	\$10
2 tablespoons extra virgin olive oil	<i>Pantry Item</i>	-----
*3 garlic cloves, minced	Mon, Wed, Fri, Sat	(whole bulb) \$0.30
*1 pound summer squash, cut into quarter moons	Mon, Wed, Fri, Sat	\$4.00
*1 pint cherry tomatoes	Mon, Wed, Fri, Sat	\$6.00
*1 ounce basil, leaves gently torn	Mon, Wed, Fri, Sat	\$2.00
	<b>Total Price:</b>	<b>\$22.30</b>

*\*Item available seasonally at your local Greenmarket. Prices and product availability are subject to change based on producer and seasonality.*

### Directions:

1. Bring 1 gallon of water with a pinch of salt to a boil. Add pasta and cook until al dente, about 8-10 minutes.
2. While pasta is cooking, heat olive oil and garlic in a sauté pan. Once warm and gently aromatic, add yellow squash and cherry tomatoes. Saute over medium heat until squash is tender crisp and tomatoes have begun to collapse, about 5 minutes.
3. When pasta is ready, drain and return to pot. Add sautéed vegetables to pasta. Toss and serve warm with fresh basil.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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