

# Carrboro

# FARMERS' MARKET

locally grown  nationally known

Recipe of the Week

June 9, 2007

## Cousa Squash Pasta

from Kelly Clark, Market staff and volunteer

Little squash is appearing in the Market. This recipe, inspired by Cindy Soehner of Eco Farm, who's Marinated Zucchini\*\* got me thinking. I had a good, rich chicken broth on hand and some cousa squash ~ plump, little, pale green squash which tastes different to me than a summer or zucchini squash. You want to cook the squash until it is just done and then just an oosh more, any longer and the vegetable will have lost any appeal to the skeptical squash eater.

### Ingredients

8 small cousa squash\* (or other small summer squash\*), cleaned, stemmed and tied in cheesecloth so that the bundle can be suspended into the pot of broth  
6 cups chicken\* broth  
2 Tbsp. olive oil  
1 small onion\*, halved and sliced thin  
3 gloves garlic\*, thinly sliced  
2 cups peeled, diced tomato\* with juice  
1/2 cup pesto\*\*\*  
3/4 lb. big-elbow pasta

\*available at the Market

\*\* from *Diet of the Gods* by Cindy Soehner of Eco Farm

\*\*\*harvest that basil you planted a while back!

### Procedure

Bring water to boil in order to cook the pasta according to package directions. If pasta is done before the rest of the ingredients, SAVE a cup of pasta water in order to moisten the pasta later, and toss the drained pasta in olive oil, then hold.

Bring broth to simmer. Suspend squash bundle in pot. Cook until squash is just tender, and then remove from pot, about 20 minutes, depending on size of squash.

Meanwhile, warm olive oil over medium heat; add the onion, garlic and sauté until translucent. Add the tomato with juice and the pesto and bring to a simmer. Cook for 10 minutes.

Put cooked pasta in a dish, pour the tomato sauce over the pasta, and arrange the cousa squash on top. Serve with grated Parmesan-Reggiano.

Serves 4