



## Summer Recipe II

### Pasta with Peas, Porcini & Mint

Makes 2 to 3 servings or 4 ¼ cups

Strozzapretti (for “Strangled Priest”) is the Italian name for the twisted pasta, made from organic whole grain kamut (an original or heirloom strain of wheat that hasn’t been hybridized) and quinoa by Eden Organic Pasta Company. It cooks up to a nice light texture in just 10 minutes. As it says on the package: “Because of its highly water soluble gluten, many people with sensitivity to modern wheat can enjoy kamut, and gluten-free quinoa is an old friend.”

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Green garlic is a wonderful vegetable only seen in springtime. Traditionally, it was a by-product of farmers thinning their garlic beds to prevent overcrowding. Left in the ground, the root of the stalk matures into a bulb, eventually separating into cloves. Green garlic’s mildly garlicky flavor rounds out this springtime pasta dinner.

Porcini mushrooms come in season here in northern CA in May. Other mushrooms that are great in this dish are chanterelle and shiitake varieties.

3 quarts water

¼ pound whole grain pasta

Oil to brush skillet

2 green garlic, thinly sliced on the diagonal

¼ pound porcini mushrooms, 1 ½ cups, sliced

½ teaspoon sea salt

Freshly-ground pepper

2 cups total, or ¼ pound each sugar snap peas and snow peas, threaded and sliced in halves or thirds on the diagonal

¼ cup white wine, vegetable broth or water

2 tablespoons mint, finely sliced and 2 to 3 big sprigs for garnish

2 teaspoons extra virgin olive oil

1. Bring water to boil in a 4-quart saucepan. Add pasta and cook until done, about 10 minutes.
2. Meanwhile, brush the bottom of a medium skillet with oil. Add green garlic, mushrooms, salt and pepper. Stir and cover to cook until mushrooms exude their juices, about 3 minutes. Add peas and wine and stir. Cover to cook about 5 minutes, and stir in mint.
3. Drain pasta, transfer to mixing bowl and stir in oil, then cooked vegetables. Garnish with a big mint sprig to serve.

For 3servings, per serving:

Calories: 198 Protein: 8gm Saturated Fat: 0.7gm Fiber: 6gm Carbohydrates: 31gm Fat: 7gm

Cholesterol: 0 Sodium: 141mg

Calories from Protein: 16% Calories from Fats: 21% Calories from Carbohydrates: 63%