



Taste and Savor

## 1 Quick Recipe:

### Indian Summer Style Pasta Salad

About 2 LBs Zucchini or Yellow Squash, in 1/2" Slices  
 2 Cups Grape Tomatoes – about a pint  
 1 Large Red Onion cut in 8 pieces  
 1 Tsp Sea Salt  
 4 TB Extra Virgin Olive Oil, divided  
 1/2 Tsp Red Pepper Flakes  
 2 Garlic Cloves, Grated  
 Zest and Juice of a Lemon  
 1 TB Red Wine Vinegar  
 1 Tsp Dijon Mustard  
 Sea Salt and Freshly Ground Pepper  
 1 (12 - 15 OZ) Package of Fun Shaped Short Pasta cooked and drained per box directions  
 1/2 Cup Chopped Olives  
 1/2 Cup Crumbled Feta Cheese  
 2 TB Chopped Mint or Oregano

**Step One** Add the squash to a sheet pan along with the red onion and grape tomatoes. Toss with 1 TB of oil and sprinkle on the salt and red pepper. Spread it out and slide into the 400F oven. Roast until golden brown on the edges, about 30 minutes.

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4



**Step Two** While the veggies are roasting, add the garlic, zest and juice, 3 TB oil, vinegar and mustard to a jar and shake well. Season to taste with salt and pepper.

**Step Three** When the veggies are done, add them to a platter toss the dressing over them and sprinkle with olives and feta. Garnish with herbs.

## 2 Kitchen Scoop

Zucchini and Yellow Squash are part of a group of squashes that are called "Summer Squash". They have soft skin and are harvested during the summer months, best when used

only a week or two after harvest. Pattypan, yellow and green zucchini, yellow crookneck and eight ball are all part of the group. Winter squashes like acorn or delicata have much thicker skins and can be cured and kept for a much longer time.

## 3 Clever Idea

Have you seen lots of different shapes and varieties of pasta in the grocery store lately? This recipe is good one for trying out unusual ones like black quinoa, red lentil or chickpea. Not only are these different ones delicious, they are typically colorful, too!

## 4 Cheers!

Tasca Regaleali Rosé  
Sicily

About \$16.00

Yes - Sicily has rosé! This one is made with 100% Nerello Mascalese, a dark-skinned grape that grows on the slopes of Mount Etna. It makes a delicious light-bodied red wine with a gorgeous deep red color, you can see this reflected in the beautiful deep pink color of this rosé. The name of the wine comes from the thousands of rose bushes on the Regaleali estate. You'll enjoy cherries and berries and strawberries in the aroma, zingy acidity and citrus in its flavor.