

Overlook Medical Center Standard Recipe

Difficulty

Recipe: Penne Pasta with Seasonal Vegetables & Honey

Yield: Approximately 5 lbs.

Yield: 6-8 – 14 oz. portions

Equipment Needed:

- 1 ea. Set of measuring cups & measuring pitchers
- 1 ea. Large Sauté Pan
- 1 ea. Small Tong or Spatula
- 1 ea. Wire whisk
- 1 ea. large metal spoon



Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 teaspoon chopped garlic (for sautéing)
- Sea Salt (optional as needed for seasoning)
- ¼ tsp fresh cracked pepper (pepper grinder / mill seasoning)
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh sage (optional chervil)
- 1-pound small garden-fresh Zucchini squash (about 2 large) de seeded cut into julienne match stick size
- 1-pound small garden fresh yellow squash (about 2 large) de seeded cut into julienne match stick size
- 1/4 cup half grape tomato
- 1 1/2 tablespoons honey (Overlook Honey)
- ¼ cup fresh vegetable broth
- 1 lb. cooked “Whole Wheat” Organic pasta (Option Gluten Free Pasta Penne or Linguine optional)
- ½ cup Shredded Asiago Cheese (garnish)
- ¼ cup toasted bee pollen (garnish)

Instructions

Step (1) Heat oil in large skillet over medium-high heat. Add garlic, herbs cook two minutes to bloom and add flavor to the oil. Add Zucchini and Yellow squash, Tomato halves. Season with Sea salt and pepper. Sauté until vegetables are beginning to soften and cook al dente, about 5-6 minutes.

Step (2) Add honey to vegetables cook two minutes then add vegetable broth bring to light simmer, toss in cooked pasta cook over medium heat until heated through and vegetables are glazed, about 5 minutes. Season to taste with more salt and pepper, if desired.

Step (3) Plate Assembly: Place pasta in serving bowl or plate, top with Shredded Asiago cheese , Bee Pollen and garnish with fresh basil sprig.

