

Betty's Pasta with Tomato and Zucchini Sauce



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In this video, Betty demonstrates how to make Pasta with Tomato and Zucchini Sauce. I used penne pasta and topped it with a wonderful tomato sauce made with zucchini and other vegetables.

Ingredients:

8-oz. uncooked pasta (I used penne pasta, but you may use the pasta of your choice.)

1 teaspoon salt

2 teaspoons extra virgin olive oil

2 additional teaspoons extra virgin olive oil

1 medium to large zucchini, cut into ¼-inch slices

1 medium onion, chopped

2 medium cloves of garlic, minced

(2) 14.5-oz. cans Italian-style stewed tomatoes, undrained (I used stewed tomatoes flavored with basil, garlic, and oregano.)

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

½ cup chopped fresh basil

¼ cup Parmesan cheese, finely grated

In a large pot, bring at least 2 inches of water to a boil over medium heat. Add 1 teaspoon salt. When the water is boiling, add 8-oz. uncooked penne pasta, and cook, according to package instructions. Drain. Add 2 teaspoons olive oil and mix well. Cover with aluminum foil and set aside. Meanwhile, heat 2 tablespoons of olive oil in a large, deep skillet over medium heat. Add 1 sliced zucchini, 1 chopped onion, and 1 minced clove of garlic. Saute about 4 minutes, until onion is clear. Spoon sautéed vegetables into a large bowl and cover with aluminum foil. Set aside. Add (2) cans of Italian-style stewed tomatoes, ¼ teaspoon salt, and ¼ teaspoon freshly ground pepper to skillet. Bring to a boil over medium heat. Reduce heat and cook for about 12 minutes, or until thickened, stirring occasionally. Stir in sautéed vegetables and ½ cup freshly chopped basil. Place cooked penne pasta on a large serving platter. Spoon tomato and zucchini sauce evenly over the top. Sprinkle with ¼ cup finely grated Parmesan cheese. Serve Pasta with Tomato and Zucchini Sauce along with Italian Bread with Cheese Topping (also in bettyskitchen). This is a healthy dish, and it tastes wonderful! I hope you enjoy it! --Betty ☐