Farfalle With Zucchini

Description

Zucchini and Farfalle

Summary

Yield: 8
Prep Time: 30 minutes
Category: Vegetables
Cuisine: American

Ingredients

- 4 Regular Size Zucchini
- 1 medium onion
- cherry or grape tomatoes
- 1 farfalle pasta
- 2 tbsp olive oil
- 2/3 cup white wine or chicken broth
- 1 tbsp arrowroot
- 1 cup Cream
- parmesan cheese
- Fresh Herbs (lemon Thyme, Fresh Basil, Chives, Etc.

Instructions

Bring a pot of water to boil.

Dice 1 medium onion and the zucchini into small slices. Slice the tomatoes in half lengthwise.

Next dice up the garlic.

Once the water is boiling, go ahead and cook the pasta according to directions on the package, on the al dente side so it has a nice "bite" to it.

While the pasta is boiling, heat a couple tablespoons olive oil over medium high to high heat in a saucepan.

When the oil is hot, throw in half the zucchini and let it brown.

Once brown, toss it onto a plate and repeat with the 2nd half of zucchini and repeat the process.

Once the zucchini is cooked, throw in the onions and garlic.

Next throw in the halved grape tomatoes on top and toss around a bit, keeping the heat at medium low to medium.

Pour in 1/3 cup white wine (or chicken broth) and with a whisk or spoon, scrape the bottom of the pan so all the flavorful bits will be released.

Pour another 1/3 cup wine (or chicken broth) into a dish and sprinkle the Arrowroot in and stir. Pour this into the pan with the onions and tomatoes, and now add in ½ to ¾ cup cream.

Next, turn the heat off and add in the zucchini and stir gently to combine.

Grab a cup or two of the cooking liquid from the pasta and pour into the saucepan if the sauce needs to be thinned out a bit.

Salt and pepper to taste.

To serve, pour the drained pasta into a large serving bowl or platter.

Add your choice of fresh herbs, and pour the contents of the pan over the top.

Add some Parmesan and a final sprinkling of fresh basil - voila!