

a healthy body, a healthy earth

Classic Corn & Tomato Pasta

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| 1 cup | Finely chopped parsley, basil and oregano |
| 5 tbsp | Fresh minced garlic |
| 1 cup | Fresh yellow corn kernels |
| 1 cup | Roma or plum tomatoes, small dice |
| 3 lbs. | Penne or linguini pasta |
| 6 oz. | Extra virgin olive oil |
| To taste | Kosher salt, coarse ground black pepper and fresh grated Parmesan cheese |

First, cook pasta in large pot of boiling salted water until tender, but still firm to bite, stirring occasionally. Drain; return pasta to pot. Next, heat a non-stick sauté pan to medium-high heat. Add olive oil and let heat for 30 to 40 seconds. Add corn and tomatoes and sauté with wooden or heat resistant spatula for two to three minutes. Add herb mixture, salt and pepper.

Sauté for two minutes. Add pasta and toss until well incorporated. Divide pasta into bowls or plates. Top pasta with fresh grated Parmesan cheese.

*Option: Add diced chicken or shaved prosciutto.

Makes four to six servings.