



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



Zucchini & Pasta

I don't know what this recipe is called. However, it is a dish my grandmother made each year when the farm produce was at its freshest. I only knew it growing up as "Gagootz." I later realized **Gagootz** was Italian American slang for zucchini or Italian squash. This is a great vegetarian meal with zucchini or "**Gagootz**" as the show's star.



PREP TIME: 15 MINUTES | COOK TIME: 80 MINUTES

INGREDIENTS

- 4-6 homegrown tomatoes (ripe)
- Three medium size zucchinis (cut into cubes)
- One medium-sized onion (roughly chopped)
- 4 tablespoons of olive oil
- 1 lb. of fideo cut spaghetti
- 4 large garlic cloves (chopped)
- 6 -8 fresh basil leaves (torn)
- One teaspoon of kosher salt
- One teaspoon of granulated garlic
- ½ teaspoon of black pepper
- One tablespoon of dried parsley

INSTRUCTIONS

1. Boil the tomatoes in a saucepan and let them blister for approximately 12 minutes. Remove the tomatoes from the hot water and set aside until you can peel them and squeeze them into a mixing bowl. Set the bowl aside. Reserve some of the water.
2. In a large sauté pan, add the olive oil, chopped garlic, zucchini, and onion. Saute until they are translucent, approximately 15 minutes.
3. Add the tomatoes to the pan and stir. Add the basil, salt, pepper, granulated garlic, parsley, and a ladle or two of the tomato water. Turn the flame to low and let simmer for about 40 minutes.
4. In the meantime, boil a salted pot of water and add the fideo cut spaghetti. If you don't have fideo cut, you can use regular spaghetti and break it up fine. Cook, drain, and set aside.
5. Add the spaghetti to the zucchini mixture and mix it thoroughly. You may not use all the spaghetti; it all depends on how much zucchini you have. You want an even mixture of the two ingredients; you don't want either to overpower the other.

Serve hot with some good parmesan cheese sprinkled on top.

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