



# Pasta with Zucchini, Tomato and Corn

Prep time: 20min

Cook time: 10 min

Serves: 4-6

## INGREDIENTS

- 1 pint cherry tomatoes, cut in half
- 2 tablespoons olive oil
- 1 tsp minced garlic (2 garlic cloves)
- 2 medium zucchini, cut into 1/2 inch pieces
- 1 pound of pasta, any kind, cooked according to package instructions
- 1 ear of fresh corn, removed from cob, or 1/2 cup frozen corn kernels, thawed, or 1/2 cup canned corn kernels, drained and rinsed
- 1/4 cup chopped parsley
- Optional: 1/4 cup Parmesan cheese

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. Preheat oven to 350 degrees. In a large bowl, toss cherry tomatoes with 1 Tablespoon olive oil and garlic. Place in roasting pan and roast for 20 minutes.
2. Heat a large skillet on medium high heat. Add 1 tablespoon olive oil to pan, and then add zucchini and sauté, stirring often, for 2 minutes.
3. Add corn to skillet. Sautee for 4 –6 minutes or until corn and zucchini are tender.
4. In a large bowl, combine roasted tomatoes, sauteed corn and zucchini, and cooked pasta.
5. Toss with parsley and parmesan cheese, if using, and enjoy!