



Vegan Penne Pasta Toss

By Dickinson Certified Executive Chef Richie Rice

Ingredients

- ½ pound lentil penne pasta (or another short-tube vegan pasta)
- 12 ounces fresh butternut squash, diced
- 1 tablespoon olive oil (to toss with squash)
- 1 teaspoon seasoned salt (like Lawry's)
- 1 ounce fresh spinach leaves
- 2 ounces fresh mushrooms, sliced
- 1½ ounces olive oil (to cook with)
- ¾ teaspoon chopped fresh garlic
- 1 tablespoon fresh chopped parsley
- ½ teaspoon crushed red pepper (dry seasoning)

Directions

1. Cook the pasta in boiling water for 5 to 8 minutes, until tender, yet slightly firm. Rinse the pasta under cold water. Drain and set aside. (Watch! Vegan pastas go from undercooked to overcooked quickly.)
2. Toss the squash cubes in olive oil. Add the seasoned salt and toss to coat.
3. On a tray coated with pan-release spray, spread the squash, then roast in a 375° oven until slightly tender yet somewhat firm. Set aside to cool. Once cooled, the squash can be put into the refrigerator until ready to use.
4. In a large skillet, add olive oil, and sauté the garlic.
5. Add the mushrooms, and sauté until about half of the mushroom liquid is evaporated.
6. Add the spinach and sauté until it begins to wilt.
7. Add the pasta and squash to the skillet. Toss well to combine ingredients.
8. Add the parsley and crushed red pepper. Continue tossing.
9. Season with salt and pepper to taste. (TIP: If the toss gets too dry or begins to stick, add a tablespoon of water at a time until things move in the skillet.)
10. Serve and enjoy!

“I created this recipe when attempting to incorporate foods found at our College Farm. This recipe is produced in a large skillet normally, but we have done it as a grilled toss from our main serving line while our student customers can observe and smell all the flavors and scents combining. It is also on our catering menu.”

Wine Pairing: Vermentino

An Italian light-bodied white wine with complex yet refreshing citrus flavors complemented by an entrancing floral nose.