



PASTA & SARDINES

6 SERVINGS @ \$2.35/EA

This recipe comes from Patrizia Casagrande Patrizia's Italian Cucina (former vendor at Hyde Park Farmers' Market). If you like canned tuna you should consider its smaller, more sustainable cousin, the sardine. Shopping Tip: look for skinless, boneless tinned fish and you'll be pleasantly surprised.

- 1 lb. dried pasta
- 1 head broccoli (flowers, stems, leaves, and all)
- 5–10 garlic cloves, trimmed and sliced
- ¼ cup light balsamic vinegar or red wine vinegar
- 1 tin sardines in olive oil
- 2 Tbsp. olive oil
- ¼–½ cup finely grated Parmesan cheese

Fill a medium stock pot with water and heavily salt. Rinse and chop the broccoli and garlic. Once the water boils, add the pasta and set a timer for 2 minutes shy of package directions. When the timer sounds, turn off the burner and add the broccoli and garlic; leave it to blanch in the salty pasta water for 2 minutes. Drain into a colander and rinse in cool water to stop the cooking. Transfer the pasta and vegetables to a large serving bowl, drizzle with the vinegar, and gently toss to coat the pasta. Open the sardine tin and pour in the olive oil; crumble the sardines over the pasta. Add more olive oil, sprinkle the Parmesan, and gently toss to combine. Serve at room temperature, family style, and allow everyone to add salt and pepper to taste.

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