

Recipe of the week from skinnytaste.com:

SUMMER CAVATELLI PASTA
WITH CORN, TOMATOES AND ZUCCHINI



Yield: 6 servings

Ingredients

- 1 pound fresh or frozen cavatelli
- 3 teaspoons olive oil
- 2 ears corn (kernels cut from the cob)
- 1 pint cherry tomatoes (quartered)
- 1 1/2 cups diced zucchini ((6 1/2 oz))
- 2 cloves garlic (sliced)
- 1 teaspoon kosher salt
- black pepper (to taste)
- 3/4 cup homemade marinara sauce
- 6 tablespoons grated Pecorino Romano (plus more for serving)
- 2 tablespoons fresh basil (for garnish)

Instructions

- Bring a large pot of salted water to a boil.
- In a large skillet over medium heat, add 2 teaspoons of the olive oil and garlic, and cook until golden and fragrant, about 1 minute.
- Add the tomatoes and 1/4 teaspoon salt and cook 3 minutes, until the tomatoes soften.
- Add the corn and zucchini and cook until tender crisp, 2 to 3 minutes.
- Add the marinara, season with salt and pepper and cook until heated through, about 1 minute.
- Meanwhile, cook the cavatelli according to package directions, reserving some of the water before draining, then toss with the marinara and vegetables.

- Add the grated cheese, remaining teaspoon olive oil, 1/4 teaspoon salt and black pepper to taste and cook 1 minute, adding some of the reserved pasta water as needed.
- Serve right away with fresh basil and additional grated cheese if desired.

Serving: 1.3cups, Calories: 297.5kcal, Carbohydrates: 59.5g, Protein: 10.5g, Fat: 5g, Saturated Fat: 1.5g, Cholesterol: 7.5mg, Sodium: 184mg, Fiber: 3g, Sugar: 4g

Anti-inflammatory recipe of the week from allrecipes.com, by Sarah Houston:

QUINOA WITH CHICKPEAS AND TOMATOES

This recipe contains foods (quinoa and chickpeas) which are sources of zinc. Zinc is a mineral that is important for reducing inflammation.



Servings: 6 Yield: 3 cups

Ingredients

- 1 cup quinoa
- 1/8 teaspoon salt
- 1 3/4 cups water
- 1 cup canned garbanzo beans (chickpeas), drained
- 1 tomato, chopped
- 1 clove garlic, minced
- 3 tablespoons lime juice
- 4 teaspoons olive oil
- 1/2 teaspoon ground cumin
- 1 pinch salt and pepper to taste
- 1/2 teaspoon chopped fresh parsley

Directions

Step 1

Place the quinoa in a fine mesh strainer, and rinse under cold, running water until the water no longer foams. Bring the quinoa, salt, and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes.

Step 2

Once done, stir in the garbanzo beans, tomatoes, garlic, lime juice, and olive oil. Season with cumin, salt, and pepper. Sprinkle with chopped fresh parsley to serve.

Per Serving: 185 calories; protein 6g; carbohydrates 28.8g; fat 5.4g; sodium 175.9mg