

Pasta Side Dish with Zucchini

From Joanne Engelhardt

Ingredients

Roux:

2 – 3 tablespoons white flour
2 – 3 tablespoons butter (unsalted preferred)
14 – 16 oz. whole white milk

2 cups zucchini, cut in cubes
8 – 10 oz. Farfalle noodles, cooked in water until the consistency desired.
2 cloves garlic, minced
1 – 2 small white onions, chopped
1 – 2 tablespoons chopped parsley (fresh preferred)
1/3 – ½ cup grated Parmesan or Romano cheese

Cook the roux in a medium-sized pot. Melt the butter, then slowly add the flour, stirring constantly with a large spoon. Keep stirring so it doesn't brown or burn for at least 5-6 minutes. When there are no small bits of flour and the mixture looks smooth and bubbly, slowly add in milk, small amounts at a time. Keep adding, let it thicken, then add some more. Once you have enough roux to cover the amount of Farfalle noodles you've cooked, let it continue to cook a little more, always making sure it doesn't scorch the bottom of the pan.

In the meantime, in a small pan, add a little olive oil and cook the zucchini, garlic and onions until desired consistency.

Stir the cooked vegetables into the noodles, then add the remaining ingredients. Top with grated cheese. Cover until ½ hour before serving then put into a 300°-325° oven. Check every few minutes until the dish is warm enough to eat, but not too hot.

Enjoy!