

Pasta Salad with Wild Salmon

2 cans wild salmon (7 oz each)
1 pound fusilli pasta (or try brown rice pasta)
6 Tbsp olive oil
Juice from one lemon
½ tsp ground black pepper
2 large bell peppers, diced
1 onion, diced
1 cup celery, diced
½ cup flat leaf parsley, finely chopped
½ cup pitted Kalamata olives, chopped
salt to taste

Cook pasta in salted boiling water until tender but not mushy. Drain and rinse with cool water. In the meantime, drain salmon and separate into bite-sized pieces. Whisk together olive oil, lemon juice, and pepper in a large bowl. Add pasta, salmon, red pepper, onion, celery, parsley, and olives. Toss to combine and season to taste with salt.

Pasta with Pesto Sauce

2 cups packed fresh basil leaves
⅓ cup pine nuts *or* almonds/walnuts/cashews
2-4 medium cloves garlic, peeled
½ cup grated Parmesan cheese
⅓ cup olive oil
salt and ground black pepper to taste
squirt of lemon juice (optional)

Process basil, nuts, garlic, and Parmesan cheese to a rough paste in the food processor (start with less garlic and add more until you find a level you like). Add olive oil. Sauce should be a thick paste. If it seems dry, add a little more olive oil. Season to taste with salt and ground black pepper, and optional lemon juice. Use immediately or store in a covered glass jar in the refrigerator for up to 1 week (or freeze leftovers in an ice cube tray - pop cubes out and seal in a bag when frozen). Use half with one pound of freshly cooked pasta, and store half.

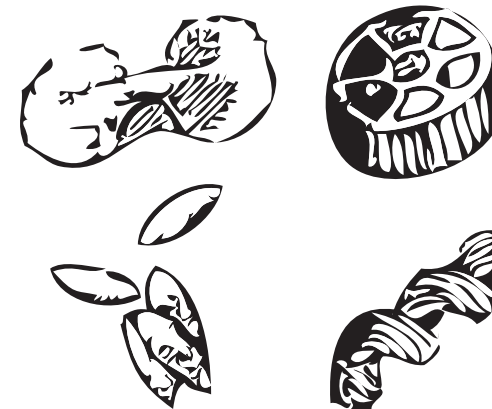
Winter/spring variation: Substitute all or part of the basil with fresh spinach.

About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 11,700 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic, and conventional foods, and thousands of Vermont-made products.

Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.

Pasta



Choose from over 20 different pasta varieties in our Bulk section, including semolina, whole wheat, quinoa, and brown rice pastas, as well as Asian noodles like soba and udon. The pasta and sauce combinations are practically endless.



Your Community-Owned Grocery Store
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Pasta Varieties

semolina pasta – traditional pasta is made from durum semolina wheat that is refined and ground to a coarse meal, then mixed with water. It comes in many shapes, like the following in our Bulk section:

rotini	orzo
farfalle	medium shells
penne	pappardelle
bow ties	

whole wheat pasta – pasta made from 100% whole wheat durum semolina wheat; these varieties are also organic:

- whole wheat spaghetti**
- whole wheat penne**
- whole wheat elbows**

***soba noodles** – these buckwheat noodles are used in Japanese soups and noodle dishes - though buckwheat is gluten-free, these noodles contain some wheat flour
**Not available in bulk; can be found in Aisle 2*

udon noodles – thick wheat flour noodles used in Japanese soups and noodle dishes

veggie/tri-color pasta – semolina pasta with dried spinach, beet, and turmeric powders that contribute colors and plant minerals

- mini veggie shells**
- medium veggie shells**
- veggie spirals**
- veggie corkscrews**
- tri-color farfalle**

Gluten-Free Pastas

We offer several kinds of pasta that do not contain gluten in the Bulk section. However, these pastas may have come into contact with gluten-containing products in the manufacturing, filling, or scooping processes.

Gluten-free pastas are softer than semolina pastas. Pay close attention to the specified cooking times, and don't overcook.

quinoa pasta – *gluten-free*; this pasta is made from a South American grain high in protein.

- quinoa pagodas**
- quinoa elbows**

You can find many other gluten free pasta items in Aisle 6, including brown rice pastas, black bean pastas, red lentil pastas, and corn and quinoa pastas in various shapes. You'll want to rinse these before cooking to avoid them getting too sticky or mushy.

- *brown rice spaghetti**

**Not available in bulk; can be found in Aisle 6*

Tips for Healthier Pasta

-Cook half whole wheat and half traditional semolina pastas in the same pot to incorporate more whole grains (choose the same shapes).

-Cook more sauce, vegetables, fish, or meat in proportion to the pasta to cut down on carbs.

-Try a gluten-free pasta, such as brown rice pasta, which is more nutritious and filling than semolina pasta, so you can eat a smaller serving.



Spotlight on Bionaturae Pasta

Many of our organic pastas in Bulk come from Bionaturae. Bionaturae pasta is made from durum wheat grown in Italy on small family-owned farms. All the ingredients are certified organic. Antique bronze dies are used to press the pasta shapes with a rough texture that helps absorb sauce. The pasta is then slowly dried at low temperatures.

Choosing Pasta Shapes

In general, smaller pasta shapes like orzo do well with light sauces or brothy soups, and larger and thicker pasta shapes stand up better to heavier pasta sauces. Choose small, quick-cooking shapes in the summer for pasta salads.

Pasta Portions

1 pound of dried pasta generally feeds four people - figure a little more for a heavy sauce or one with a lot of vegetables, less for a light sauce. Whole-grain pastas are more filling. 1 pound of dried pasta yields the same amount of cooked pasta as 1 ½ pounds fresh pasta.

How to Cook Pasta

Bring plenty of water and a spoonful of salt to a rolling boil. A large proportion of water keeps the pasta from getting gummy, and salt helps the water come to a boil and adds flavor. Add the pasta and stir once. When the water returns to a boil, lower the heat to maintain a low boil. Don't cover the pot! Stir occasionally to keep the pasta from sticking together.

Pasta is ready when "al dente." It should start to become shiny and be cooked completely through, yet still be firm and chewy (taste a piece). The larger the size of the pasta, the longer it takes to cook. Whole grain pastas also generally take longer.

Drain the pasta in a colander, but don't rinse it unless you need to cool it off and separate the pieces for a casserole or pasta salad. Reserve a small amount of the flavorful cooking liquid to add back to the sauce. Stir the pasta into the sauce and serve as soon as possible.