

## **Roasted Tomato Pasta, Pine Nuts and Bleu Cheese Italian Bread Salad with Balsamic Dressing**

### **Roasted Tomato Pasta, Pine Nuts and Bleu Cheese:**

40 minutes

This recipe can be easily doubled for company. There will be to use as a side dish later on in the week.

1 medium onion sliced into 1/4 inches and then quartered  
2 garlic cloves left in their "paper" covering  
8 Roma tomatoes sliced into 1/2-inch slices length-wise  
6 T. olive oil  
Salt and freshly cracked pepper to taste  
2 T. fresh basil, chopped or 2 teaspoon dried  
1/4-1/2 cup pine nuts  
3/4-cup bleu cheese crumbled  
4 cups bow tie noodles  
1/2 cup freshly grated Parmesan cheese  
1/2 cup of hot, pasta water

Put pasta water on to boil.

Preheat the oven to 500 degrees. Cover a cookie sheet with foil to hasten clean up. Place the chopped onion, sliced tomatoes and garlic on the foil and drizzle with the olive oil. Sprinkle with salt and freshly cracked pepper. Place in the preheated oven and roast for about 5 minutes or until the veggies begin to simmer a bit in the oil. Turn and roast for another 3 minutes. The veggies should be soft but still have a bit of form.

Add the pasta to boiling water and cook until the pasta is al dente, soft but with just a bit of "chew". Set aside 1/2 cup of the pasta water. Drain the pasta and place in large mixing bowl. Remove the garlic from the veggie mixture and set aside. Add the roasted veggies to the pasta along with the pine nuts, basil and bleu cheese. Stir to mix. Add the pasta water, mix again and set aside. Remove the outer paper on the garlic and mince. Add to the pasta mixture. Stir and serve immediately, garnishing each serving with a bit of the Parmesan cheese.

Leftovers make a good side dish for another meal. It can be served cold or reheated in the microwave.

**TIP:** If you have a family member who doesn't care for bleu cheese, wait until all the other ingredients are added and mixed well, take out a serving for your non-bleu cheese-loving eater and then add the bleu cheese.

## **Italian Bread Salad with Balsamic Vinegar Dressing:**

4 handfuls of favorite salad green

2 cups of French or Italian bread cubes (about 1 inch pieces)

2 medium tomatoes cut into wedges

Add small amounts of your favorite veggies such as green onions, mushrooms, green pepper, celery, avocado, and carrots

Balsamic dressing to taste

### **Balsamic Dressing:**

1/4 cup Balsamic vinegar

3/4 cup olive oil

1 tsp. Italian herbs (or you can add equal parts of thyme, rosemary and basil to equal a teaspoon)

1/2 tsp. Salt

Fresh cracked pepper to taste

Place all the ingredients in jar with a tight lid and shake until well mixed.

To make the salad, add the greens, veggies and bread to a salad bowl and add enough dressing to coat the salad. Let it set while you prepare the rest of the meal and add more dressing if necessary. The bread will soak up a good bit of the dressing so don't be shy about adding more.

## **Shopping List**

From the pantry:

Garlic cloves

Salt

Parmesan cheese

Balsamic vinegar

Olive oil

Fresh cracked pepper

Bow tie noodles

Italian herbs

From the Store:

\_\_\_\_\_ French bread

\_\_\_\_\_ 4 ounces Bleu cheese

\_\_\_\_\_ Pine nuts

\_\_\_\_\_ 4 handfuls of your favorite salad greens

\_\_\_\_\_ 1 medium onion

\_\_\_\_\_ Fresh basil

\_\_\_\_\_ 8 Roma tomatoes

\_\_\_\_\_ Large tomato for salad

\_\_\_\_\_ 2 tomatoes

\_\_\_\_\_ Green pepper

\_\_\_\_\_ Celery

\_\_\_\_\_Avocado  
\_\_\_\_\_Green onions  
\_\_\_\_\_Mushrooms

### **Timetable**

40 minutes to dinner:

- Preheat the oven to 500 degrees
- Prepare salad ingredients and place in a bowl
- Make dressing and toss salad

30 minutes to dinner:

- Put water on to boil for the pasta
- Prepare tomatoes, onions and garlic
- Toss salad

20 minutes to dinner:

- Add pasta to water when it boils
- Put tomatoes in the oven
- Set the table
- Toss salad

15 minutes to dinner:

- Turn the tomatoes
- Check pasta; don't let it get mushy...it should still have a bit of chew
- When pasta is done, drain, place in a bowl but SAVE 1/2 cup of the water

12 minutes to dinner:

- Remove tomatoes from oven and remove garlic from pan; add the tomatoes and onions to the pasta
- Chop the garlic and add to pasta along with bleu cheese, basil, pine nuts and water. Mix well
- Toss salad
- Take favorite beverages to table

Dinnertime:

- Plate pasta on individual plates and garnish with Parmesan cheese
- Toss salad one more time and take it all to the table