



recipes for life



Posted August 22, 2018

Roasted Vegetables and Heirloom Tomato Pasta

Inspired by a Melissa Clark recipe from [NYT Cooking](#), this pasta uses summer bounty in tasty and unique ways. Particularly fun is the method for making the tomato sauce — you halve large juicy heirloom tomatoes at the equator then "grate" them on the large holes of a box grater over a skillet until just the flat round of skin is left. So easy and very satisfying to do.

While she recommends regular eggplant and Italian frying peppers for roasting, I used some veggies found in my garden — Japanese eggplants, a patty pan squash and an ancho chili. You can use whatever you like that seems roastable.

Make extra. Leftovers reheat well.

Servings: 6

Ingredients

1 3/4 pounds eggplant, globe or Japanese, cut into cubes
1/4 pound other roastable vegetables, cubed or sliced thickly
4 tablespoons extra virgin olive oil
Black pepper to taste
2 pounds or more heirloom tomatoes
2 to 3 large garlic cloves, grated or minced
1/2 teaspoon (at least) crushed red pepper flakes
12 ounces whole-wheat pasta
2 tablespoons capers, rinsed
2 tablespoons butter (optional)
Salt to taste (season near the end, as capers can be salty)
Ricotta salata or grated parmesan, for garnish
Chopped basil or mint, or both, for garnish

Directions

1. Preheat the oven to 450 degrees. Toss the eggplant and other vegetables with a little olive oil and black pepper on a rimmed baking sheet. Parchment paper helps prevent sticking if you have it. Roast, tossing now and then, until golden brown (15 to 25 minutes).
2. Meanwhile, grate the halved tomatoes into a large skillet per above discarding the skin (I had some leftover diced onion and sautéed it first in a little oil). Add the garlic, crushed red pepper flakes, and a little olive oil. Simmer the sauce until it is reduced by about half.
3. Cook the pasta while browning, simmering and reducing.
4. Add the pasta, capers, roasted vegetables, and butter, if using, to the sauce. Stir and season to taste with salt and freshly ground pepper.
5. Serve with the garnish(es) of your choice.

Nutrition Information (per serving)

Calories: 350
Total Fat: 11 g
Saturated Fat: 1.5 g
Cholesterol: 0 mg
Sodium: 105 mg
Total Carbohydrate: 57 g
Dietary Fiber: 12 g
Protein: 10 g

Note: Nutrition analysis does not include optional cheese or butter.

Categories: **Baking**, **Main Course**, **Vegetarian**



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