

Veggie saute with spaghetti

Features wild mushrooms,
garden vegetables

BY DAVID CAMPICHE

I will be the first to admit that the extra 10 pounds that I carry on my belly is most likely fueled by my love of pasta. But lately, I have begun to adjust. My doctor would be proud.

Carbonara is a tempting modification. Instead of cream, the recipe calls for starch water left from the boiled pasta and well beaten egg yolks. I suggest cutting back on the pasta and using more fresh vegetables.

For this recipe, I pulled a mess of veggies from our newly engineered soil. Before, it was all sand, blackberries and willow. I then added locally foraged wild mushrooms, which grow in abundance during fall. I suggest learning about a few colorful and delicious fungi, then trying wild mushroom hunting for yourself.

Ingredients (serves four)

- Three cloves of crushed and minced garlic
- One medium onion, thinly sliced and diced
- Two pounds of lobster mushrooms, sliced into thin bites
- Three stalks of finely diced celery
- One quarter-cup of virgin olive oil
- One large handful of kale, sliced into quarter-inch ribbons. Cut out the fibrous center portion.
- One medium zucchini, cut into quarter-inch pieces
- One diced apple, cut into quarter-inch pieces
- Six to 8 ounces of boiled spaghetti, al dente
- One quarter-cup of heavy cream (optional)
- Four egg yolks, beaten
- One cup fresh grated Pecorino Romano cheese
- Two dozen cherry tomatoes, halved
- A fist-full of garden chives, sliced finely for garnish
- Chopped garden fennel
- Salt and pepper



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The finished dish pairs well with ribs and broccoli.



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