

ONE POT SALMON WITH PASTA AND VEGETABLES

SERVES 2 Uses leftover salmon

- 2 tablespoons olive oil
- Crushed red pepper
- 1 chopped onion (can sub part leeks or shallots)
- 1 each: celery stalk and medium carrot, fine dice
- Kosher salt and fresh ground pepper
- 4 cloves garlic, peeled and minced
- 4 cups chopped fresh vegetables—tomatoes, zucchini, green beans, bell peppers (your choice or a combination—save 1 cup of fastest cooking for a little later)
- Handful chopped fresh parsley or basil or a combination
- 1 teaspoon Herbes de Provence (can sub dried basil or oregano)
- 1 pound wheat linguine or spaghetti, broken into pieces
- ½ pound (8 ounces) **cooked** salmon, chopped/broken into 1-inch pieces
- ¼ cup grated (2 ounces) Parmigiano Reggiano or toasted breadcrumbs (could sub with chopped parsley or chopped toasted nuts)

1. **Begin with a large pot — 10 or 12 quarts.** Heat a couple of tablespoons of oil with a little crushed red pepper and add one or two chopped onions or an onion and the sliced whites of a leek (or a cup of chopped shallots—you get the picture), a few chopped pieces of celery, and/or chopped carrot. Sprinkle with salt and pepper and add about 4 cloves of chopped garlic; cook for a minute.
2. Next, stir in 3-4 cups of fresh, chopped vegetables such as tomatoes, bell peppers, zucchini, summer squash, or whatever you might have on hand. Add a handful of chopped parsley (save some for garnish.) Sprinkle again with a tiny bit of salt and pepper and a teaspoon of Herbes de Provence. Let this all cook down a few minutes and then
3. Add a pound of broken-up whole wheat spaghetti or linguine. Cook, stirring carefully — it burns easily — for another 2-4 minutes or until just beginning to be golden.
4. **Pour in four cups of vegetable broth** and a half cup of water—included because I'm at altitude; add ¼ teaspoon salt or to taste. Let it come to a boil and then turn it down; simmer 10 minutes, stirring regularly, or until the pasta is nearly tender.
5. Add whatever vegetables you have that cook very quickly— like spinach, mushrooms, or finely chopped zucchini, for instance, as well as 1/3 – 1/2 pound cooked salmon, broken into bite-sized pieces. Cook just until everything is barely tender and the liquid is almost totally absorbed a la risotto. If the pasta isn't done and the liquid is gone, add another 1/2 cup

water and continue to cook until things taste as you'd like them to. Taste and adjust seasonings –really, this is a lot of pasta and it NEEDS SEASONING.

6. Serve hot garnished with grated Parmesan, toasted bread crumbs, more parsley, or chopped toasted nuts. 4-6 servings.

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