

Summer Sauté

with Fregola Sarda & Buffalo Mozzarella

Summer has a particular flavor. Lush and robust, the produce that grows this time of year requires almost nothing. Just a quick sauté, a little bit of seasoning, a few sprigs of fresh herbs (and of course a little fresh mozzarella to bring it all together). We've designed this recipe to highlight our favorite summer vegetables, and to let them speak for themselves.



Ingredients

- 6 Ounces Romano Beans
- 4 Cloves Garlic
- 4 Ounces Buffalo Mozzarella
- 3 Ounces Sweet Baby Peppers
- 1 Bunch Basil
- 1 Ear of Corn
- 1 Yellow Onion
- ¼ Pound Cherry Tomatoes
- 1 Cup Fregola Sarda
- ¼ Teaspoon Crushed Red Pepper Flakes

Makes 2 Servings
About 600 Calories Per Serving

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Cut the Romano beans into 2-inch pieces. Peel and smash the garlic cloves. Tear the mozzarella into small pieces. Trim off and discard the stems of the peppers. Pick the basil leaves off the stems; discard the stems. Remove and discard the husks and silks of the corn. Cut the kernels off the cob; discard the cob. Peel and small dice the onion. Cut the tomatoes in half.



Cook the fregola:

Add the **fregola sarda** to the boiling water and cook 12 to 15 minutes, or until tender. Drain thoroughly and return to the pot. Stir in a drizzle of olive oil and season with salt and pepper. Set aside as you continue cooking.



Toast the garlic:

While the fregola cooks, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the **garlic** and cook, occasionally tilting the pan away from you to coat the garlic in oil, 2 to 4 minutes, or until golden.



Sweat the aromatics:

Add the **onion** and **as much of the red pepper flakes as you'd like** (depending on how spicy you'd like the dish to be) and season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened and fragrant.



Add the vegetables:

Add the **tomatoes, Romano beans, corn, baby peppers, half the basil** and **½ cup of water**; season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until the vegetables are tender. Remove from heat and season with salt and pepper to taste.



Plate your dish:

Divide the **cooked fregola** between 2 dishes. Top with the **sautéed vegetables** and **mozzarella**. Garnish with the **remaining basil**. Enjoy!