

RECIPE

Penne with Whipped Ricotta and Swiss Chard



Ingredients

- 1 lb Penne pasta
- 1 lb whole milk ricotta cheese
- 1 egg
- 2 bunches Swiss chard, regular or rainbow
- 3 Tbsp olive oil
- 3 cloves of garlic, minced or thinly sliced
- Sea salt and freshly ground black pepper
- Red chili flakes, to taste
- Pinch of nutmeg

Method

1. Wash and dry Swiss chard. Remove approximately 1-2 inches of the stem, depending on how large they are. These can be tough and bitter. Cut Swiss chard down the middle through the stem and then cut into horizontal 1 inch ribbons.
2. In a large skillet set on medium heat sauté garlic in olive oil, seasoned with sea salt, black pepper and red chili flakes. After 3-4 minutes, add 2-3 Tbsp water to the skillet to stop the garlic from burning.
3. Add all of the Swiss chard to the skillet, thoroughly turning in the olive oil to coat. Allow the Swiss chard to cook down, covered, adding up to $\frac{1}{4}$ cup of water to wilt it properly. This takes approximately 5-8 minutes. Adjust seasonings to taste. Turn the heat off and set the skillet aside.
4. Bring a large pot of water to boil. Once boiling, add 2-3 Tbsp salt to the pot.
5. Cook the pasta al dente.

6. While the pasta is cooking, in a small mixing bowl, add ricotta, egg, sea salt and pepper, and a small pinch of nutmeg. With a fork, thoroughly mix the ingredients until you have created a smooth, uniform mixture. Set aside.
7. Drain the pasta, reserving ½ cup of pasta water for loosening the ricotta mixture , if necessary.
8. In a large pasta bowl, big enough to hold all of the ingredients, place the cooked pasta. Pour all of the ricotta mixture on top of the pasta and start to mix it. To this, add the cooked Swiss chard, draining the liquid with a slotted spoon. Give everything a good mix. If it seems to be too thick, you can add a little of the reserved pasta water to the dish.
9. Serve with grated parmigiana cheese and a little extra ground black pepper.
10. Buon Appetito

Tips

This dish is very satisfying and has a surprisingly light taste. It makes a wonderful midweek quick dinner or a perfect starter course to roasted meats.

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