



SUMMER TOMATO & CHARRED CORN PASTA WITH SWEET & SPICY RICOTTA

SHOPPING LIST

Serves 4-7

Pasta

Rummo Maxima Rigatoni No. 50 (One package)

2 cups cherry tomatoes, halved

2 ears fresh corn (kernels only)

handful chopped parsley

1/3 cup chopped walnuts

Dressing

1/4 cup extra virgin olive oil, plus more for serving

2 small garlic cloves, minced

2 tablespoon sherry vinegar

Salt & black pepper to taste

Sweet & Spicy Ricotta

1 cup ricotta cheese

1 tablespoon honey

1 teaspoon red pepper flakes

1/4 teaspoon smoked paprika

A bright summer dish built around antioxidant-rich tomatoes. Inspired by the foods and flavors of the Mediterranean, this fresh, satisfying pasta highlights seasonal produce and ingredients for cognitive health.

DIRECTIONS

- 1 In a large mixing bowl, combine cherry tomatoes, olive oil, garlic, sherry vinegar, salt & pepper. Mix well and set aside to marinate.
- 2 Heat a drizzle of olive oil in a skillet over medium-high heat. Add corn kernels and cook until lightly charred. Transfer to tomato mixture, stir and set aside.
- 3 In the same skillet, toast the walnuts until fragrant and set aside (2-3 min).
- 4 Cook the pasta according to package directions. Reserve 1/4 cup pasta water.
- 5 While pasta is cooking, stir together ricotta, honey, smoked paprika, and red pepper flakes in a small bowl until well blended. Set aside.
- 6 Add the warm pasta directly to the tomato and corn mixture, toss well. Add a splash of reserved pasta water until glossy and lightly saucy. Fold in the parsley and half of the walnuts. Add dollops of ricotta. Finish with remaining walnuts, black pepper & a generous drizzle of olive oil.

WHY THIS DISH IS A GOOD FOR COGNITIVE HEALTH

Lycopene

Tomatoes are full of lycopene, a carotenoid antioxidant that may help protect the brain through anti-inflammatory effects.

Healthy fats

Walnuts and olive oil provide unsaturated fats that support cellular health and complement the antioxidants in tomatoes. Walnuts are among the most studied foods for long-term brain health.

Protein

Maintaining muscle mass as we age is linked to better cognitive health. Adequate protein intake is essential for preserving muscle. Rummo Maxima pasta delivers 21 grams of protein per 3.5 oz serving to provide meaningful support.

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