

# Salt and Serenity

## Orecchiette with Summer Vegetables and Spicy Turkey Sausage

Serves 4-6

1 pint grape tomatoes  
1 tablespoon olive oil  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
1 pound fresh pea pods (or 1 ¼ cups frozen peas)  
2 teaspoons fennel seed  
½ teaspoon red pepper flakes  
½ teaspoon kosher salt  
1 pound Orecchiette pasta  
2 teaspoons olive oil  
1 pound ground turkey (dark meat)  
3 ears shucked corn, kernels cut from cobs (or 1 ½ cups frozen corn)  
2 green onion, thinly sliced

1. Preheat oven to 400°F. On a rimmed baking sheet toss grape tomatoes with olive oil. Sprinkle with salt and pepper. Roast for about 20 minutes until tomatoes are slightly blistered. Remove from oven and set aside.
2. Remove peas from pod and set aside.
3. Grind fennel seeds, ½ teaspoon red pepper flakes and ½ teaspoon salt in a spice grinder. (I have a small coffee grinder that I use only for grinding spices.) Set aside.
4. Bring 4 quarts water to boil in large pot. Add orecchiette and 3 tablespoons kosher salt and cook, stirring often, until al dente.
5. While pasta cooks, heat 2 teaspoons oil in 12-inch nonstick skillet over medium-high heat, until shimmering. Add turkey and ground fennel-red pepper flakes-salt mixture and cook, stirring often, until browned and cooked through, 2 to 4 minutes.
6. Add peas and corn and cook for an additional 3 minutes. Mix in roasted tomatoes and green onions.
7. Toss drained pasta with turkey-vegetable mixture. Serve.

