

# Baked Tomato Feta Pasta

Inspired and adapted from [Cooking Classy](#)



10 oz of dried pasta - penne or rotini  
 ½ cup of olive oil  
 2 pints of grape tomatoes  
 8 oz brick of feta cheese  
 3 cloves of garlic, minced  
 1 cup of mushrooms, stems removed  
 and head sliced (optional)  
 4 leaves of Swiss chard, stems  
 removed and leaves sliced  
 2-3 cooked chicken breasts, shredded  
 or diced  
 ½ bunch of curled parsley leaves, for  
 garnish

**Take a picture & share  
 #localfoodclub**

**BONUS ITEM:** Leeks to do what  
 you please! Cook them on their  
 own for a side dish or consider a  
 nice leek soup for the fall days  
 coming up!

1. Preheat oven to 400°F.
2. In a large 9x13 cooking dish place the feta cheese in the center, spreading the tomatoes, mushrooms, and garlic around the cheese. Pour olive oil over the vegetables and cheese.
3. Cook for 20 minutes
4. After 20 minutes remove the baking dish, add the Swiss chard leaves. Mix around and add more olive oil if needed to lightly coat the leaves.
5. Place back in the oven for 20-25 minutes, or until you notice the tomatoes have started to shrivel and burst. Remove from the oven.
6. Give the tomatoes a minute or two to cool down. Then using a masher or wooden spoon, begin crushing the tomatoes and mixing the chard, tomatoes, feta, garlic and mushrooms together.
7. Add the chicken and pasta, combine.
8. Garnish with curled parsley. Serve with a side salad and bon appétit!

# #localfoodclub

Bring on September's Local Food Club! For many of you, you are back in full swing of the school year, and we would like to welcome you back. We wish you nothing but the best school year ahead! Fall is also a beautiful and delicious time to live in Ontario!

This LFC we decided to highlight a recipe from Tik Tok – because social media can indeed bring some good! First, we'd like to send a HUGE thank you to Nice Job Farm for their donation of lettuce to this LFC pack, ensuring our Local Food Clubbies have a fresh side salad to go with their meal. Pfenning's Organic Farm provided us with the grape tomatoes as the sauce base. We are proud to use 100% Canadian wheat pasta, made by Italpasta in Peel, purchased from Tim and Heather's No Frills. Albion Community Farm did it again, providing their fresh Swiss chard to give the pasta some extra colour. The must-have garlic is from Hidden Meadows Farm. For those of you who like mushrooms in your dish, Fresh and Tasty Mushrooms provided these wonderful additions. Fiddle Foot Farm topped the dish off with their curly leaf parsley. Finally, a special extra to the pack is a couple leeks from Am Braigh Farm to help you get into the fall season.

We love feedback; it helps us learn, grow and plan for YOU! You can find HFFA on Twitter, Instagram and Facebook, so send us (and each other) pictures of your LFC meal... any way you want to follow, share, like or hashtag we look forward to it. Keep on letting us know how we are doing and don't hesitate to share your ideas for future LFC and ingredients.

This recipe is a great example on how things can be made in a non-conventional way. Make sure to show the kids that a *sauce* doesn't have to be a labour-intensive adventure. Show them how roasting vegetables is one of the best ways to also get their flavours to really pop. That being said, use this opportunity to then pique their interest, and figure out what other types of sauces they'd like to make from scratch!

## From the LFC Test Kitchen

We recommend adding MORE baby tomatoes if you're a family who loves sauce

We also recommend not skimping out on the olive oil. Remember that there is no "sauce" for this recipe, so having the olive oil helps dress the pasta, as well as ensure everything roasts perfectly!

Want a bolder taste? Add more Swiss chard.

## Now You Know

Swiss Chard did not come from Switzerland. In fact, it originated from Italy and is part of the same family as beets!

This mighty leafy plant can grow up to 2 feet high and is packed with nutrients, especially its Vitamin K; which our bodies use for blood clotting.

Don't let this plant's beauty completely fool you though – its stalks taste bitter and that is why they are often removed before eating.

## this month's local food is from...

**Pfenning's Organic Farm**  
[pfenningsfarms.ca](http://pfenningsfarms.ca)

**Fresh and Tasty Mushrooms**  
[Freshandtastymushrooms.com](http://Freshandtastymushrooms.com)

**Albion Hills Community Farm**  
[albionhillscommunityfarm.org](http://albionhillscommunityfarm.org)

**Fiddle Foot Farm**  
[fiddlefootfarm.com](http://fiddlefootfarm.com)

**Hidden Meadows Farm**  
[facebook.com/HiddenMeadowsFarmCaledon](https://facebook.com/HiddenMeadowsFarmCaledon)

**Tim & Heather's No Frills**  
[nofrills.ca](http://nofrills.ca)

**Am Braigh Farm**  
[ambraighfarm.com](http://ambraighfarm.com)

The Local Food Club is a project of Headwaters Food & Farming Alliance, a project of Headwaters Communities in Action.

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[hffa.ca/farmtoschool](http://hffa.ca/farmtoschool)

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