

Pac Choi and Radish Green Pasta

1 tbsp butter
1 tbsp olive oil
1 small onion, sliced into half moons
½ head of pac choi, shredded
1 bunch radish green, washed very thoroughly and shredded
1 cup cooked chicken, diced
As much garlic as you like
1 cup fresh or frozen peas
¼ pound of dried whole wheat pasta, cooked
1 cup water saved from the cooking of the pasta



I have a standard formula that I start with whenever I don't know what to cook. Butter and olive oil in a pan, add onions. Inhale. Breathe. Meditate on how much I love onions. Add celery. Take a moment to appreciate this often-maligned vegetable. And then see where the food decides to take me. But this time, right before I started chopping the celery, I saw the head of pac choi on my table (I do this thing when I'm thinking up new recipes where I'll just kind of sit at the table and study the produce. Its leaves, its smell, the taste, the texture, etc, until something comes to me), and it called to me. And it made me think, well, pac choi is crunchier than even celery is, and the water content is about the same. Let's try it. So, I shredded the stems and tossed them in with the onions. And then I decided to utilize a more forgotten vegetable: radish greens. Make sure you wash them very well. The greens love to harbor dirt. Then, I decided on pasta, and thought whole wheat would work best with these earthy flavors. I had leftover chicken and diced that for protein. It did not disappoint.

This recipe feeds 2 generously. Scale it up as needed.

Heat butter and olive oil in a pan over medium heat. Once hot, add the onions, pac choi, radish greens, cooked chicken, and garlic. Sauté over medium heat until the onions are translucent and the whole mix smells delightful. You could add herbs like oregano or marjoram, or an Italian or poultry blend at this point. You won't get a lot of color on the vegetables, but that's okay.

Once you're happy with the vegetables, add in your cooked pasta and the peas. Toss it all around in the pan to mix. Add in pasta water to help create more of a sauce than a salad. You likely won't need the entire cup of water. Grate in parmigiano, if you like it. Make sure the pasta is hot and serve at once.

I like it with garlic bread.