



Lemony Linguine with Spring Vegetables

Prep 30 m
Ready In 30 m

Recipe By: Carolyn Malcoun

“Instead of cooking pasta in a huge pot of water, here we use just 3½ cups for this one-pot pasta recipe. When the pasta is al dente, most of the water has evaporated and the bit that's left is thickened with the starch that cooks off the pasta. With just a few add-ins like lemon and Parmesan cheese you have a delicious silky sauce. Want to use up your veggie stash in the freezer? Swap in 8 ounces frozen spinach for fresh.”

Ingredients

- 8 ounces whole-wheat linguine or fettuccine
- 4 cloves garlic, thinly sliced
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 3½ cups water
- 1 9-ounce package frozen artichoke hearts
- 6 cups chopped mature spinach
- 2 cups peas, fresh or frozen

½ cup grated Parmesan cheese, divided
¼ cup half-and-half
1 tablespoon lemon zest
3-4 tablespoons lemon juice

Directions

1

Combine pasta, garlic, salt and pepper in a large pot. Add water. Bring to a boil over high heat. Boil, stirring frequently, for 8 minutes.

2

Stir in artichokes, spinach and peas and cook until the pasta is tender and the water has almost evaporated, 2 to 4 minutes more.

3

Remove from heat and stir in ¼ cup cheese, half-and-half, lemon zest and lemon juice to taste. Let stand, stirring occasionally, for 5 minutes. Serve sprinkled with the remaining ¼ cup cheese.

ALL RIGHTS RESERVED © 2018 EatingWell.com
Printed From EatingWell.com 4/9/2018

Nutrition information

Serving size: 1¾ cups

Per serving: 372 calories; 7 g fat(3 g sat); 15 g fiber; 64 g carbohydrates; 18 g protein; 273 mcg folate; 14 mg cholesterol; 7 g sugars; 0 g added sugars; 5,193 IU vitamin A; 50 mg vitamin C; 234 mg calcium; 4 mg iron; 581 mg sodium; 930 mg potassium

Nutrition Bonus: Vitamin A (104% daily value), Vitamin C (83% dv), Folate (68% dv), Calcium (23% dv), Iron (22% dv)

Carbohydrate Servings: 4½

Exchanges: 3½ starch, 1½ vegetable, ½ high-fat protein