Leek and Lemon Linguine

Cook Time 25 min

Prep Time 10 min

NUTRITION FACTS

Number of Servings **4**

Calories Per Serving **410**

Total Fat **10g**
- Saturated Fat 4
- Trans Fat 0

Cholesterol **22.8mg**

Sodium **215mg**

Total Carbohydrate
- Dietary Fiber 18g
- Total Sugar 0g

Protein **20g**

INGREDIENTS

12 oz. whole-wheat linguine or spaghetti

2 tbsp. olive oil

2 cloves garlic, thinly sliced

2 medium leeks, white and light green parts cut into half-moons

1 lemon

1 c. frozen peas

1/2 c. fresh flat-leaf parsley (1/4 cup roughly chopped)

1/2 c. finely grated Parmesan

Kosher salt and pepper

DIRECTIONS

Bring a large pot of water to a boil. Cook the pasta according to package directions; reserve 2 cups cooking liquid, then drain.

Heat the oil in a large deep skillet over medium heat. Add the garlic and cook, stirring, until lightly golden brown, 1 to 2 minutes; using a slotted spoon, transfer to a paper towel-lined plate.

Add the leeks to the pan, season with 1/2 teaspoon salt and cook, stirring occasionally until tender, 6 to 8 minutes.

Meanwhile, using a micro-plane or a grater, zest one lemon and set aside. Squeeze 2 tablespoons juice into a small bowl and set aside separately.

Add the peas, whole parsley leaves and lemon zest to the skillet along with 1 cup of reserved cooking liquid and simmer gently for 2 minutes.

Add the drained pasta, Parmesan, reserved garlic and 1/2 teaspoon pepper tossing to combine, then toss with the lemon juice, adding extra pasta water if the pasta seems dry.

Sprinkle with the chopped parsley and serve with extra Parmesan, if desired.

TIPS

Firmly roll your citrus fruit with your palm to help extract all the juice when cut. This recipe is a perfect light entree for any dinner or lunch. Add 3 oz of lean chicken or salmon per portion to create an over the top meal.

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