



Whole Wheat Pasta with Arugula & Walnuts

Pasta Plate

40
minutes

INGREDIENTS

6 ounces whole wheat pasta (spaghetti or angel hair)
2 tablespoons extra virgin oil
2 cloves garlic, thinly sliced
1/4 teaspoon red chilli flakes
1 teaspoon fresh lemon zest
3 ounces of arugula
salt & pepper
1/4 cup walnuts, toasted and roughly chopped
freshly grated parmesan, for serving

INSTRUCTIONS

Heat the olive oil in a skillet over medium heat. Add the garlic and red chili flakes. Cook for about 10 minutes, adjusting the heat as necessary, until the garlic is just lightly browned and the oil is infused. Stir in the lemon zest and remove from the heat.

Meanwhile, cook the pasta in salted water until al dente. While the pasta is cooking, place the arugula in a large bowl. Drain the pasta and immediately pour it over the arugula. Add the infused oil and season with salt and pepper. Toss until some of the arugula is just slightly wilted and then add the lemon juice.

Serve topped with the walnuts and a sprinkling of Parmesan.

SERVINGS

4
people



Salem Main Streets

NUTRITIONAL INFORMATION (per serving)

<div style="text-align: center;"> <p>220 Calories</p> </div>	14	g of total fat
	8	g of total protein
	3	g of dietary fiber
	60	g of total carbs

Key words

pasta,garlic,red chilli flakes,arugula,lemon,walnuts

Remember: Studies show that eating whole grains instead of refined grains lowers the risk of many chronic diseases. **The message:** every whole grain in your diet helps!