

## Pasta Primavera

Serves 8

### Ingredients

16 ounces fettuccini

2 Tbsp olive oil

4 cloves garlic, minced

4 cups thinly sliced mixed spring vegetables (asparagus, sugar snap peas, green onions, baby leeks, baby zucchini)

1 cup fresh peas

1 cup milk mixed with 1 Tbsp cornstarch

1 Tbsp lemon zest

2 cups baby arugula

1/2 cup finely grated Parmesan cheese

1 cup chopped mixed herbs (basil, chives, mint, parsley, tarragon)

1/4 tsp red pepper flakes (optional)

Salt and pepper

1/4 cup toasted pine nuts

### Directions

#### *To cook the pasta:*

Bring a large pot of water to a boil. Add a pinch of salt (optional) and the fettuccini. Cook until *al dente*, about 10 minutes. Be sure to save about a cup of pasta cooking water before draining the pasta. When done to your liking, drain the pasta in a colander and set aside.

#### *To make the sauce:*

Heat the oil in a large skillet over medium-high heat. Add the garlic; sauté until the garlic is fragrant (do not let the garlic brown). Add the vegetables and peas, then cover the skillet and simmer for about 3 minutes. Add the milk-cornstarch mixture and the lemon zest. Simmer for another few minutes. Add the cooked pasta, arugula, Parmesan cheese, herbs, and pepper flakes. Add reserved pasta water if needed.

Per serving: 340 Calories; 9g Fat; 2g Saturated Fat; 12g Protein; 40g Carbohydrate; 130mg Sodium; 4g Fiber