

Farm Market Recipe



Lemon-Pepper Linguine with Squash

Ingredients:

- 1 pound whole-wheat spaghetti
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons unsalted butter
- 1½ tablespoons black peppercorns, coarsely ground
- 1 pound thin zucchini, trimmed and very thinly sliced lengthwise
- 8 ounces thin yellow squash, trimmed and very thinly sliced lengthwise
- 1 teaspoon kosher salt
- 1 cup packed soft fresh herbs, such as dill, parsley, chives and/or basil, coarsely chopped
- ½ cup finely grated Cacio de Roma or Manchego cheese, plus more for serving
- 2 tablespoons lemon zest
- 3 tablespoons lemon juice

Directions:

1. Bring a large pot of water to a boil over high heat. Add spaghetti and cook for 2 minutes less than the package directions. Reserve ¾ cup of the cooking water, then drain. Return the pasta to the pot.
2. Meanwhile, heat oil and butter in a large skillet over medium-high heat. Add pepper and cook, stirring, until fragrant, about 30 seconds. Add zucchini, squash and salt. Cook, gently stirring occasionally, until just softened, 3 to 4 minutes.
3. Transfer the zucchini and squash to the pot with the pasta. Add the reserved pasta water, herbs, cheese, lemon zest and juice. Stir gently to combine. Serve with more cheese, if desired.

Nutrition Facts:

Servings: 8 Serving Size: 1⅓ cup

Per Serving: calories 316; protein 11g; carbohydrates 46g; dietary fiber 7g; sugars 4g; total fat 12g; saturated fat 4g; cholesterol 13mg; vitamin A 667IU; vitamin C 22mg; folate 70mcg; sodium 287mg; calcium 50mg; iron 3mg; magnesium 94mg; potassium 515mg.

Recipe from eatingwell.com