Whole Wheat Pasta with Arugula, Lemon, And Walnuts

Serves 4-6

Ingredients
- 2 Tbsp extra virgin olive oil
- 4 cloves garlic, thinly sliced
- ½ tsp red chili flakes
- 2 tsp fresh lemon zest
- ¾ pounds whole wheat spaghetti
- 6 ounces arugula
- 1/8 tsp kosher salt
- Juice of half a lemon
- ½ cup walnuts, toasted and roughly chopped
- Freshly grated Parmesan, for serving

Preparation

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.

Calories 330, Total Fat 13g, Sat Fat 2g, Sodium 105mg, Carbohydrates 46g, Fiber 8g, Sugars 1g, Protein 12g

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