

### Bucatini with Green Peas and Pancetta

Hands-on time: 30 min.

Total time: 45 min.

Use frozen, thawed green peas if fresh are unavailable. Linguine can substitute for bucatini, which is a thick, spaghetti-like pasta with a hollow center.

- 1 tablespoon olive oil
- 1/2 cup chopped pancetta (about 2 ounces)
- 1/4 cup finely chopped shallots
- 1 1/4 cups shelled green peas (about 1 1/2 pounds unshelled)
- 1 garlic clove, minced
- 1/4 cup dry white wine
- 2 teaspoons chopped fresh thyme
- 1/2 pound uncooked bucatini pasta
- 1 tablespoon kosher salt
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup (2 ounces) grated Parmigiano-Reggiano cheese

1. Heat a large skillet over medium heat. Add 1 tablespoon oil to pan, swirling to coat. Add pancetta; cook for 10 minutes or until browned and crisp, stirring occasionally. Remove pancetta from pan, reserving 1 tablespoon drippings in pan; set pancetta aside. Add shallots; cook for 4 minutes or until tender, stirring occasionally. Add peas and garlic; cook for 1 minute, stirring occasionally. Add wine and thyme. Increase heat to medium-high. Bring to a boil; cook until liquid reduces to 2 tablespoons (about 3 minutes). Remove from heat.
2. Cook pasta in boiling water with 1 tablespoon kosher salt according to package directions, omitting additional fat. Drain the pasta in a colander over a bowl, and reserve

1/2 cup cooking liquid. Add pasta, 2 tablespoons extra-virgin olive oil, 1/2 teaspoon salt, and black pepper to pea mixture; toss well. Stir in reserved cooking liquid. Place about 1 1/4 cups pasta mixture in each of 4 shallow bowls; top each serving evenly with grated cheese and pancetta. Yield: 4 servings.

**CALORIES** 403; **FAT** 16.8g (sat 4.3g, mono 7.5g, poly 1.6g); **PROTEIN** 13.5g; **CARB** 51.1g; **FIBER** 4.2g; **CHOL** 12mg; **IRON** 2.8mg; **SODIUM** 639mg; **CALC** 64mg

### Orzo Salad with Radish and Fennel

Hands-on time: 20 min.

Total time: 58 min.

Lemony dressing and fresh mint add vibrant flavor to this pasta salad. Serve chilled or at room temperature, and garnish with pretty mint leaves, if desired.

- 8 ounces uncooked orzo (rice-shaped pasta)
- 1 tablespoon kosher salt
- 1/4 cup fresh lemon juice
- 3 tablespoons olive oil
- 1 teaspoon Dijon mustard
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 cups diced fennel (about 1 bulb)
- 1/2 cup chopped radish
- 3 tablespoons chopped fresh mint
- 3 tablespoons minced green onions
- 1/2 teaspoon kosher salt
- 1/3 cup pine nuts, toasted

1. Cook orzo pasta with 1 tablespoon kosher salt according to the package directions, omitting additional fat. Drain and rinse with cold water. Drain well.
2. Combine lemon juice and next 3 ingredients (through pepper) in a large bowl; stir well with a whisk. Add orzo, fennel, and the next 4 ingredients (through 1/2 teaspoon salt); toss well to coat. Cover and chill. Top with nuts before serving. Yield: 4 servings (serving size: 1 1/4 cups pasta and 4 teaspoons nuts).

**CALORIES** 393; **FAT** 19.1g (sat 2.3g, mono 9.6g, poly 5.4g); **PROTEIN** 10g; **CARB** 48.8g; **FIBER** 4.1g; **CHOL** 0mg; **IRON** 3.3mg; **SODIUM** 517mg; **CALC** 46mg



### Pappardelle with Baby Spinach, Herbs, and Ricotta

Hands-on time: 17 min. Total time: 27 min.

Fettuccine will also work if you can't find pappardelle.

Have all the ingredients prepped and ready to go before beginning to cook—the pasta needs to be hot when mixed with the other ingredients to create a creamy consistency.

- 8 ounces uncooked pappardelle (wide ribbon pasta)
- 1 tablespoon kosher salt
- 1/3 cup whole-milk ricotta cheese
- 3 cups baby spinach leaves—chopped
- 1/4 cup chopped fresh chives
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup chopped fresh dill
- 3 tablespoons grated fresh pecorino Romano cheese
- 2 tablespoons olive oil
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt

→ Chop the spinach → see pic!

1. Cook pasta with 1 tablespoon kosher salt according to package directions, omitting additional fat. Drain in a colander over a bowl, and reserve 1 cup cooking liquid.
2. Combine 1/2 cup reserved hot cooking liquid and ricotta cheese in a food processor or blender, and process until well blended.
3. Combine hot pasta, cheese mixture, spinach, and remaining ingredients in a large bowl; toss gently to coat. Add additional cooking liquid to moisten, if needed. Yield: 4 servings (serving size: 1 1/4 cups).

**CALORIES** 329; **FAT** 11.6g (sat 3.6g, mono 6.1g, poly 1.9g); **PROTEIN** 12.2g; **CARB** 45.5g; **FIBER** 2.9g; **CHOL** 14mg; **IRON** 2.9mg; **SODIUM** 373mg; **CALC** 118mg

- too much spinach
- Maybe cook/steam spinach 1st?
- too much dill + pepper