



# Lemon Angel Hair Pasta

This light, Mediterranean-inspired recipe is a favorite summer pasta dish which packs a heart healthy punch of monounsaturated fats. This low calorie, low sodium dish goes well with grilled chicken or salmon. Thank you Family Fun magazine!

## Ingredients

**13 oz.** box whole wheat thin spaghetti / angel hair pasta  
**¼** cup extra virgin olive oil  
**2** TBSP lemon zest  
**½** cup fresh herbs (basil, mint, parsley), roughly chopped  
**½** cup pine nuts  
**3** cloves garlic, finely chopped  
**1** pint cherry tomatoes, halved  
**¼** cup fresh lemon juice

## Directions

- Bring a large pot of salted water to a boil, cooking the spaghetti for 5-6 minutes or as package instructs
- Meanwhile, toast the pine nuts in a large skillet over medium-high heat until golden brown, about 3-5 minutes, transferring to a bowl when finished
- Reduce the heat on the skillet to medium and add the olive oil and garlic
- Cook the garlic, stirring frequently, until fragrant (about 1 ½ to 2 minutes)
- Remove skillet from the heat and add the lemon zest and juice
- Retain 2 TBSP of pasta water from the cooking pot in a small bowl, then drain the cooked pasta
- Return the pasta to the cooking pot and toss with the 2 TBSP of reserved pasta water and the lemon/olive oil mixture
- Add the tomatoes, fresh herbs and pine nuts and gently toss
- Lightly season with salt and pepper
- Makes 6 servings

## The Data (per serving)

|                   |              |                  |
|-------------------|--------------|------------------|
| Calories: 375 cal | Carbs: 48 gm | Total Fat: 16 gm |
| Protein: 10 gm    | Fiber: 7 gm  | Sat. Fat: 2 gm   |