



TEAM FOUR  
FOODSERVICE



### **Whole Grain Spaghetti with Asparagus, Peas, Pine Nuts and Parmigiano**

Yield: 10 portions

#### *Ingredients:*

20 oz. Barilla® WHOLE GRAIN SPAGHETTI  
2 Tbsp. Extra virgin olive oil  
5 Shallots, sliced thin  
2 Garlic cloves, minced  
1/2 Tsp. Crushed red pepper flakes (optional)  
2 lb. Asparagus tips, sliced on the bias  
3 cups fresh english peas  
2 Tbsp. Butter  
3 Tsp. Lemon juice  
2 Tsp. Lemon zest  
¾ cup Pine nuts, toasted  
1 cup Parmigiano, grated  
1 cup Chives, mint & parsley, chopped  
Salt & black pepper to taste

#### *Directions:*

1. In a skillet over med/high heat add oil, shallots, and crushed red pepper flakes. Cook for 2-3 min.
2. Meanwhile, bring a pot of water to a boil and cook pasta according to package directions. Reserve 2 cups of pasta cooking water.
3. Add garlic, asparagus and peas to the pan and cook an additional 2 min.
4. Add lemon juice.
5. Drain pasta, add to the asparagus mixture with 1 ½ cups of cooking water, lemon zest, ¾ cup of cheese, ½ of the herbs, and ½ of the nuts.
6. Toss well. Use remaining pasta water if needed.
7. Garnish with the remaining herbs, nuts, and cheese.

Recipe and photo courtesy of Barilla