

Recipe

WellWorks For You FEATURED RECIPE Green Goddess Ricotta Pasta

4 Servings

High Protein, Gluten Free Option, Egg Free, Soy Free

INGREDIENTS

- 8 ounces whole-wheat or gluten-free pasta shells
- 2 tablespoons olive oil
- 3 tablespoons chopped shallot
- 1 teaspoon minced garlic
- ¾ teaspoon anchovy paste
- 2 cups packed baby spinach
- 1 cup chopped mixed fresh tender herbs (such as basil, chives, parsley, and/or tarragon), plus more for garnish
- ⅔ cup part-skim ricotta cheese
- ½ teaspoon grated lemon zest
- 2 tablespoons fresh lemon juice
- ¼ teaspoon salt
- ¾ cup finely grated Parmesan cheese, divided

DIRECTIONS

1. Bring a large pot of water to boil; add pasta and cook according to package directions. Reserve 1 cup of cooking water; drain the pasta and set aside.
2. Meanwhile, heat oil in a large skillet over medium heat. Add shallot and garlic; cook, stirring often, until translucent, about 2 minutes. Add anchovy paste; cook, stirring constantly, until fragrant, about 30 seconds. Add spinach; cook, stirring constantly, until bright green and wilted, about 1 minute.
3. Transfer the spinach mixture to a blender. Add herbs, ricotta, lemon zest, lemon juice, and salt; blend on medium-high speed until smooth and bright green, about 1 minute. Add 1/4 cup of the reserved pasta water to thin the sauce if necessary.
4. Transfer the sauce to a large skillet over medium heat. Add the pasta and 1/2 cup Parmesan; toss to coat until warmed through, about 1 minute, adding pasta water, 1 tablespoon at a time, until desired consistency is reached.
5. Divide the pasta among 4 bowls: sprinkle with the remaining ¼ cup Parmesan. Garnish with additional herbs, if desired.

Source: eatingwell.com/recipe/8043254/green-goddess-ricotta-pasta



NUTRITION Per Serving: Calories: 393

Protein 18g, Carbohydrates 49g, Dietary Fiber 6g,
Fat: 6g, Saturated Fat: 5g, Calcium 295mg,
Magnesium 113mg, Potassium 407mg, Sodium
547mg