

# Spaghetti al Limone With Asparagus

## Instructions

1. Cook the pasta in a large pot of lightly salted water, stirring occasionally, until al dente. Reserve 1½ cups of the pasta water before draining.
2. Meanwhile, add the oil to a large Dutch oven or another heavy pot over medium-high heat. Let the oil heat up until the base is shimmering. Add the asparagus, season with black pepper, and cook, stirring often, until just beginning to take on color, about 1 minute. Add the garlic, strips of lemon peel, and red pepper flakes and cook, stirring until fragrant, about 30 seconds. Remove from the heat and let rest until the pasta is done cooking.
3. Add the pasta and basil to the pot with the asparagus mixture and return to medium-high heat. Squeeze the juice from both lemons into the pot and add the Parmesan cheese and 1 cup of the reserved pasta water. Cook, tossing vigorously and adding more pasta cooking liquid if needed, until the sauce is creamy and emulsified and the pasta is fully coated, about 1 minute. Taste and season with more black pepper or salt if needed. Remove and discard the garlic.
4. To serve the pasta, place a strip of lemon peel or two in each serving, and top with more Parmesan cheese if desired.
5. To add protein to the meal, top the pasta with slices of rotisserie turkey, shredded chicken, soft-boiled eggs, crunchy chickpeas, a tuna packet, or a salmon filet. This recipe makes 4 servings.

## Ingredients

- 1 lb of whole-grain spaghetti
- ⅔ cup of extra virgin olive oil
- 1 large bunch of white or traditional asparagus, trimmed and thinly sliced on a deep diagonal
- 4 cloves of garlic, smashed
- 4 strips of lemon peel, in 3" long sections
- ½ tsp of crushed red pepper flakes
- 8 large basil leaves
- 2 lemons, halved
- 2 oz of finely grated Parmesan cheese (about 1 cup)

## Grocery List

- Spaghetti
- Olive oil
- Asparagus
- Garlic
- Lemon
- Red pepper flakes
- Basil
- Parmesan cheese