

# Lemon Pasta



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**Serves:** 3

**Prep:** 5 minutes | **Cook:** 10 minutes

## INGREDIENTS

- 8 ounces pasta (any long noodle)
- 2-3 tablespoons olive oil
- 3 cloves garlic, minced\*
- 1/4 cup parsley, minced
- 1/4 cup lemon juice (about 2-3 lemons)
- 1/4 teaspoon red pepper flakes
- Salt and pepper, to taste



## DIRECTIONS

1. Bring water to a boil, and cook pasta according to package. Drain pasta, and save 1/4 cup pasta water.
2. In the same pot, warm olive oil, garlic, and red pepper flakes for 1 minute on medium heat.
3. Add in cooked pasta and pasta water; combine and heat until pasta is warm.
4. Reduce heat to low, and add in lemon juice, parsley, salt and pepper.
5. Mix and serve.

\*Substitutions

3 garlic cloves	—>	1 1/2 teaspoons garlic powder
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## Nutrition Information

*Serving size: 1/3 of recipe*

<b>Calories</b>	<b>366</b>
<b>Total fat</b>	<b>9.9 g</b>
Saturated fat	1.4 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>33.2 mg</b>
<b>Carbohydrates</b>	<b>59.2 g</b>
Fiber	3.4 g
Sugars	0.8 g
<b>Protein</b>	<b>10.1 g</b>

Recipe source: The Simple Veganista