

Mom Blogger PLR Boutique

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Healthful Recipes Even Your Kids Will Like

1. Whole Wheat Linguine with Veggies

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Whole Wheat Linguine with Veggies

*A trick for cooking pasta to serve without sauce is to boil it in 1/4 part water and 3/4 part chicken broth. This gives the pasta (especially whole wheat) a yummy flavor.

1 lb whole-wheat linguine
1/2 c part-skim ricotta
2 T olive oil
1 lb French green beans, trimmed & halved lengthwise (we just bought regular green beans as the French were \$3.00 more)
1 clove garlic, chopped
1 t salt
1/2 t freshly ground pepper
2 c halved cherry tomatoes
1 lemon, zested

Cook the pasta until al dente.

Drain...reserving 1 cup of the pasta water. Transfer the hot pasta to a large bowl and add the ricotta, tossing to combine.

Meanwhile, heat the olive oil over medium-high heat in a large skillet. Add the green beans, garlic, salt & pepper and sauté for 4 minutes.

Add the reserved pasta cooking liquid and cook until tender, about 4 more minutes.

Add the pasta & ricotta to the pan with the beans & toss to combine.

Add the tomatoes & gently toss.

Top with the lemon zest.

Serves 4

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