

Lemon Pesto Pasta

Lemon is the highlight of this pasta dish. Its vitamin C is linked to reduced risk of heart disease, while its citric acid may reduce your risk of kidney stones.

- Chives are rich in flavonoid antioxidants which helps fight cancers and detoxify the body



PREP

15 minutes

COOK

15 minutes

SERVES

4-6 people

INGREDIENTS

- Peels from 4 lemons, plus an additional lemon to zest as garnish
- Kosher salt
- 1 ½ tsp white sugar, divided
- 1 pound spaghetti
- ½ cup pine nuts or slivered almonds
- ¾ cup grated parmesan cheese (Parmigiano-Reggiano is ideal), plus extra to grate as garnish
- Olive oil
- Ground black pepper
- 1 Tbsp finely chopped fresh chives

DIRECTIONS

- 1** Bring 2 quarts of water to a boil in a large pot. Add 1 Tbsp of salt, a pinch of sugar and 3-4 lemon peels to the boiling water. Cook lemon peels for about 1-2 minutes, then remove peels and discard. Add pasta and cook for about 7 minutes or until al dente. Reserve 1 cup of pasta water, drain pasta and put back in pot.
- 2** Meanwhile, in a food processor or blender, add remaining lemon peels, pine nuts or slivered almonds, pinch of sugar (about ½ tsp), pinch of salt, ½ cup parmesan cheese, and 2 Tbsp of olive oil. Process until all ingredients are blended and oil is fully incorporated (the mixture will not be smooth), about 20-30 seconds.
- 3** Turn the heat back on the pot with the pasta, add the pesto and about half of the reserved pasta water, keep the rest to add more if needed. Mix the pesto and pasta. Drizzle some olive oil, add the remaining ¼ cup of parmesan cheese, salt and pepper to taste, and continue to mix until cheese has completely melted and all flavors are incorporated.

Serve

Use tongs and a ladle to nest the pasta portions into each plate. Garnish with lemon zest, grated parmesan, and chives.