

Spring Blossom Pasta

Yield: 6 Servings

Ingredients:

- Zest and juice of 1 lemon
- 1 ½ tsp Dijon mustard
- 1 lb short cut pasta (like ziti, farfalle, fusilli, rigatoni, penne, etc.)
- 2 tbsp olive oil
- 5 radishes, halved or quartered
- 1 8-oz bunch asparagus, ends trimmed, cut into 1-inch pieces
- 1 ½ cups snap peas, trimmed
- 1/3 cup chopped chives
- Freshly ground black pepper
- 2 garlic cloves, minced
- ¼ cup dry white wine (broth can be used in place of wine if needed)
- 2/3 cup grated Parmesan cheese
- 3 tbsp chive blossoms or chopped chives
- 2 tbsp thyme flowers or fresh thyme leaves

Directions:

1. Mix the lemon juice and mustard. Set aside.
2. Bring a large pot of water to a boil. Add salt as needed. Prepare the pasta according to the instructions on the package, cooking until al dente. Reserve ½ cup of the starchy pasta water, then drain.
3. Heat 1 tablespoon of the olive oil in a large skillet over medium heat. Add the radishes, asparagus, snap peas, chives, a pinch of salt, and a few grinds of pepper. Cook for 3-4 minutes, until the green vegetables are tender but still have a vibrant bite. Stir in the garlic and the white wine and cook for 1 minute to slightly reduce the wine.
4. Remove the skillet from the heat and stir in the pasta. Add the lemon-mustard mixture, the reserved pasta water, 1/3 cup of the Parmesan cheese, and the lemon zest. Toss until coated. Taste and adjust seasonings.
5. Transfer to a platter and garnish with the chive blossoms and the thyme flowers. Drizzle with the remaining 1 tbsp olive oil and serve with the remaining 1/3 cup Parmesan cheese.

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Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	386.1	
	% Daily Value*	
Total Fat	8.9 g	11 %
Saturated Fat	2.6 g	13 %
Trans Fat	0.1 g	
Cholesterol	9.5 mg	3 %
Sodium	224.5 mg	10 %
Total Carbohydrate	60.8 g	22 %
Dietary Fiber	3.2 g	12 %
Total Sugars	5.2 g	
Added Sugars	0 g	0 %
Protein	16.1 g	
Vitamin D	0.1 mcg	0 %
Calcium	131.3 mg	10 %
Iron	1.3 mg	7 %
Potassium	199 mg	4 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

