

# Leek & Lemon Linguine

From EatingWell: January/February 2012

This simple pasta recipe has bold lemony flavor. It's nice with a salad for a light supper or serve it along with seared fish, shrimp or chicken. Vary it as you please—add a bit of crumbled goat cheese, chopped rinsed capers, shelled edamame or thin strips of yellow bell pepper.

**Makes:** 4 servings, about 1 cup each

**Active Time:** 30 minutes

**Total Time:** 30 minutes



ON SALE What's on sale  
near to you



Harris Teeter 431 Peninsula  
Dr DAVIDSON NC 28036

## Ingredients

8 ounces whole-wheat linguine or spaghetti

**Barilla Spaghetti Regular**

2 For \$3.00

Thru 04/26

**De Cecco Spaghetti Enriched #12**

2 For \$4.00

Thru 04/26

2 large lemons, plus lemon wedges for garnish

1 medium leek (white and pale green parts only), thinly sliced and rinsed well

1 tablespoon extra-virgin olive oil

**Pompeian Olive Oil Extra Virgin**

Buy 1 Get 1 Free

Thru 04/26

1/2 cup chopped flat-leaf parsley, divided

2 cloves garlic, crushed

1/4 teaspoon salt

1/8 teaspoon freshly ground pepper

3/4 cup finely grated Parmesan cheese, divided

1/4 cup snipped fresh chives, divided

## Preparation

1. Cook pasta in a large pot of boiling water until just tender or according to package directions. Reserve 1 1/2 cups of

the cooking liquid and drain the pasta in a colander.

2. Meanwhile, finely grate 1 tablespoon zest (see Tip) and squeeze 1/4 cup juice from the 2 lemons; set the juice aside. Pat leek slices dry. Heat oil in a large nonstick skillet over medium-high heat. Add the leek, the lemon zest, 1/4 cup parsley, garlic, salt and pepper. Cook, stirring frequently, until the leek is lightly browned and softened, about 6 minutes.
3. Add the pasta, 1 cup of the reserved cooking liquid, the reserved lemon juice and the remaining 1/4 cup parsley to the pan. Cook, stirring constantly, until the liquid is mostly absorbed, 30 seconds to 1 minute. Add the remaining 1/2 cup liquid, if desired. Remove from the heat. Discard the garlic. Toss the pasta with 1/2 cup Parmesan and 2 tablespoons chives. Transfer to a serving bowl or bowls; sprinkle with the remaining 1/4 cup Parmesan and 2 tablespoons chives and serve with lemon wedges, if desired.

## Tips & Notes

**Tip:** When we call for citrus zest (i.e., 1/2 teaspoon lemon zest) we are referring to the finely grated outer rind (not including the white pith) of the citrus fruit. Use a microplane grater or the smallest holes of a box grater to grate the zest. In some cases we call for long strips or threads of zest. To get long strips, peel the citrus with a vegetable peeler. To remove long threads, use a 5-hole citrus zester or remove long strips of zest with a vegetable peeler, then use a knife to cut into very thin strips.

## Nutrition

**Per serving:** 315 calories; 9 g fat (3 g sat, 4 g mono); 13 mg cholesterol; 48 g carbohydrates; 0 g added sugars; 15 g protein; 8 g fiber; 388 mg sodium; 250 mg potassium.

**Nutrition Bonus:** Vitamin C (37% daily value), Vitamin A (26% dv), Magnesium (25% dv), Calcium (22% dv), Iron (18% dv), Folate (17% dv)

**Carbohydrate Servings:** 2 1/2

**Exchanges:** 2 1/2 starch, 1 vegetable, 1 medium-fat meat, 1 fat

## YOU MIGHT LIKE

**How To: Fix Crepey Skin**  
[Watch]

Promoted By Beverly Hills MD

**13 Foods That Cleanse Your Liver**

Promoted By Answers.com

**Are You Trying to Kick Your Nicotine Habit, But Keep Slipping Up?**

Promoted By Quit.com

**Spaghetti Genovese**

Eating Well

**Spaghetti Squash & Meatballs**

Eating Well

**Seared Cod with Spinach-Lemon Sauce**

Eating Well

Recommended by