

Recipe of the Week

January 21, 2019



Smoked salmon pasta

Unlike most cream sauce pastas, this dish will leave you satisfied without feeling *heavy*. This simple, quick and healthy recipe will be sure to delight your entire family!

Ingredients

- 8 ounces spaghetti (or other) pasta
- Salt
- 1/4 cup pine nuts
- 2 Tbsp olive oil
- 1/3 cup chopped shallots (can substitute onions)
- 2 cloves garlic, minced
- 1/3 cup dry white wine (can substitute pasta cooking water with a Tbsp of lemon juice)
- 1/4 cup cream
- 1 Tbsp lemon juice
- 2 Tbsp lemon zest (divided into 1 Tbsp and 1 Tbsp)
- 2 Tbsp chopped fresh parsley or dill
- 4 ounces smoked salmon, cut into bite sized pieces
- Fresh ground black pepper

Recipe adapted from Simply Recipes

Directions

1. **Put pasta water on to boil:** Heat to boiling a large pot with at least 4 quarts of salted water in it. (2 Tbsp of salt for 4 quarts of water.)
2. **Toast the pine nuts:** Put the pine nuts in a single layer in a large skillet. Heat on medium heat, stirring occasionally, until fragrant and lightly browned. Remove pine nuts from pan and set aside.
3. **Start cooking the pasta:** Once the water is boiling, add the pasta to the pot. Cook uncovered on high heat at a rolling boil. Put the timer on for 8-10 minutes, or whatever your pasta package says is appropriate for al dente (cooked, but still a little firm).
4. **Reserve cooking liquid:** Once the pasta is done, and before draining the pasta, scoop out one cup of the pasta cooking liquid and reserve.
5. **Prepare the sauce:** In a large skillet heat olive oil on medium heat, add the shallots and garlic, and cook for 2 minutes. Then add white wine, lemon juice and 1 Tbsp of lemon zest. Increase the heat and let boil down by half.
6. **Add pasta, some pasta cooking liquid, smoked salmon, toasted pine nuts, parsley, zest to sauce:** Drain the pasta and add it to the skillet with the sauce. Add back some of the pasta cooking liquid to the pasta if it is a little dry. Add the smoked salmon, toasted pine nuts, parsley and the remaining lemon zest. Season with freshly ground black pepper.