



3-INGREDIENT SPRING PASTA

All you need are noodles, olive oil, and a trio of key ingredients to toss together something great.

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**SPAGHETTI WITH
ASPARAGUS
AND LEMON**
(SEE PAGE 111
FOR RECIPE)



**ORZO-STUFFED
PEPPERS**
(SEE PAGE 111
FOR RECIPE)

**MAKE IT
EARLY!** YOU
CAN PREPARE
THESE UP TO
12 HOURS
BEFORE
SERVING. JUST
COVER BAKING
DISH WITH FOIL,
REFRIGERATE,
AND REHEAT
AT 400°.



**TIME SAVER
ALERT! USE
SAUSAGE
TO CREATE
THESE EASY
MEATBALLS.**



**ORECCHIETTE WITH
SAUSAGE MEATBALLS,
BROCCOLI RABE,
AND GARLIC**

Prep: 10 minutes **Cook:** 15 minutes
Makes: 6 servings

- 1 (1-pound) box orecchiette
- 1 bunch broccoli rabe, cut into 1-inch pieces
- 1 tablespoon olive oil
- 3 links Italian sausage (about 11 ounces)
- 2 garlic cloves, thinly sliced

1. Cook pasta according to package directions in salted water; reserve ½ cup pasta water. Add broccoli rabe during last 2 minutes of cooking; drain pasta and broccoli rabe and return to pot.

2. While pasta cooks, heat oil in a large, heavy pot over medium heat. Pinch sausage from casing in 1-inch pieces and roll into balls with clean hands, placing meatballs directly in pot. Cook meatballs until browned and cooked through (8–10 minutes). Stir in garlic; cook until fragrant and toasted (2 minutes). Add pasta and broccoli rabe mixture, ¼ teaspoon each salt and freshly ground pepper, and reserved pasta water; cook, tossing, until pasta is coated with a thin sauce (2 minutes). Divide among 6 bowls.

SERVING SIZE: About 2 cups
Calories 405; Fat 8.7g (sat 2.4g, mono 3.8g, poly 1.2g); Cholesterol 16mg; Protein 21g; Carbohydrate 60g; Sugars 1g; Fiber 5g; Iron 4mg; Sodium 555mg; Calcium 90mg

**SPAGHETTI WITH
ASPARAGUS AND LEMON**

Prep: 10 minutes **Cook:** 13 minutes
Makes: 4 servings

- 1 (1-pound) box whole-wheat spaghetti
- 1 lemon
- 1 (1-pound) bunch asparagus
- ½ cup finely grated Parmesan cheese, divided
- 1 tablespoon olive oil

1. Cook pasta according to package directions in salted water; reserve ½ cup pasta water. While pasta cooks, grate zest from lemon and squeeze 2 tablespoons juice into a small dish. Trim asparagus; peel into ribbons with a vegetable peeler.

2. Return pasta to pot; toss with asparagus, lemon zest and juice, ¼ cup cheese, oil, ¼ teaspoon each salt and freshly ground pepper, and enough pasta water to make a thin sauce. Divide among 4 bowls; top each with 1 tablespoon Parmesan.

SERVING SIZE: 2 ¼ cups
Calories 500; Fat 9.2g (sat 3.2g, mono 3.9g, poly 1.2g); Cholesterol 12mg; Protein 23g; Carbohydrate 89g; Sugars 5g; Fiber 15g; Iron 5mg; Sodium 581mg; Calcium 218mg

ORZO-STUFFED PEPPERS

Prep: 10 minutes **Cook:** 35 minutes
Makes: 4 servings

- 1 cup dry orzo
- 3 cups baby arugula
- ¼ cup crumbled feta cheese
- 1 tablespoon olive oil
- 4 small bell peppers, halved and seeded

1. Preheat oven to 400°. Cook orzo according to package directions in salted water; drain. Return to pot. Add arugula, feta, oil, and ¼ teaspoon each salt and freshly ground black pepper; stir.

2. Season inside of peppers with ¼ teaspoon each salt and pepper. Fill peppers; transfer to a 9- x 13-inch baking dish. Cover with foil; bake until peppers are tender (35–40 minutes).

SERVING SIZE: 2 pepper halves
Calories 267; Fat 7.4g (sat 2.8g, mono 3.1g, poly 0.5g); Cholesterol 13mg; Protein 10g; Carbohydrate 41g; Sugars 6g; Fiber 3g; Iron 2mg; Sodium 477mg; Calcium 109mg

**EASY UPGRADE MINT FRESHENS
UP ANY VEGGIE PASTA.**

**TUNA AND OLIVE
PASTA SALAD**

Prep: 5 minutes **Cook:** 12 minutes
Makes: 4 servings

- 8 ounces (½ box) whole-wheat penne pasta
- ¼ cup store-bought pesto
- 1 (6-ounce) can oil-packed tuna, drained
- ¼ cup pitted Kalamata olives

1. Cook pasta according to package directions in salted water; reserve ¼ cup pasta water. Drain pasta, run under cold water, and return to pot.

2. In a bowl, whisk together pesto and 2 tablespoons reserved pasta water; toss with pasta, tuna, olives, and ¼ teaspoon freshly ground black pepper in pot. Chill, if desired; serve.

SERVING SIZE: 1 ¼ cups
Calories 365; Fat 12.9g (sat 2.8g, mono 7g, poly 2.3g); Cholesterol 18mg; Protein 22g; Carbohydrate 43g; Sugars 1g; Fiber 5g; Iron 3mg; Sodium 477mg; Calcium 138mg



**SHELLS WITH PEAS,
CARROTS, AND MINT**

Prep: 6 minutes **Cook:** 18 minutes
Makes: 6 servings

- 1 (1-pound) box medium shells
- 1½ cups frozen peas
- 1 bunch baby carrots, trimmed and halved
- 2 tablespoons olive oil, divided
- ¼ cup torn fresh mint leaves

1. Preheat oven to 425°. Cook pasta according to package directions in salted water; reserve ¼ cup pasta water. Add peas during last 2 minutes of cooking; drain pasta and peas and return to pot.

2. While pasta cooks, toss carrots on a large rimmed baking sheet with 1 tablespoon oil and ¼ teaspoon each salt and freshly ground black pepper. Roast carrots 15–18 minutes; toss pasta, reserved pasta water, and peas with carrots, mint, and remaining 1 tablespoon oil in pot. Divide among 6 bowls.

SERVING SIZE: 1 ⅔ cups
Calories 385; Fat 6.5g (sat 1g, mono 3.5g, poly 1.2g); Cholesterol 0mg; Protein 13g; Carbohydrate 68g; Sugars 6g; Fiber 7g; Iron 4mg; Sodium 312mg; Calcium 53mg

**FAST FLAVOR
JUST TOSS
TOGETHER
STORE-
BOUGHT
PESTO, TUNA,
AND OLIVES.**



PICK A BETTER MARINARA
LOOK FOR ONE THAT
DOESN'T CONTAIN ADDED
SUGAR AND LISTS TOMATOES,
NOT TOMATO PUREE, AS THE
FIRST INGREDIENT.

PERFECT YOUR PASTA

► **Keep noodles from sticking together:** Use 4–6 quarts of water and 1 tablespoon of salt per pound. Stir frequently while cooking.



FETTUCCHINE WITH SPICY ZUCCHINI-TOMATO SAUCE

Prep: 5 minutes **Cook:** 15 minutes
Makes: 4 servings

- 1 (1-pound) box fettuccine
- 1 tablespoon olive oil
- 2 medium zucchini, halved lengthwise and sliced 1/4-inch thick
- 1/2 teaspoon crushed red pepper
- 1 (16-ounce) jar marinara sauce

1. Cook pasta according to package directions in salted water; reserve 1/4 cup pasta water. Drain pasta and return to pot.

2. While pasta cooks, heat oil in a large skillet over medium-high heat. Add zucchini; cook, tossing occasionally, until browned and crisp-tender (5–8 minutes). Add crushed red pepper, marinara, and reserved pasta water; simmer, partially covered, until pasta sauce is thick (about 5 minutes). Toss pasta with sauce and divide among 4 bowls.

SERVING SIZE: 2 1/4 cups
Calories 539; Fat 7.2g (sat 1g, mono 2.8g, poly 1.4g); Cholesterol 0mg; Protein 19g; Carbohydrate 99g; Sugars 7g; Fiber 8g; Iron 5mg; Sodium 538mg; Calcium 54mg

PREP TIP TO CLEAN LEEKS, TRIM THEM, SLICE IN HALF LENGTHWISE, AND IMMERSE IN A BOWL OF COLD WATER, SHAKING GENTLY TO RELEASE DEBRIS. DRAIN ON PAPER TOWELS BEFORE SLICING.



PAPPARDELLE WITH TOMATO AND BACON

Prep: 5 minutes **Cook:** 30 minutes
Makes: 6 servings

- 4 slices bacon, cut into 1-inch pieces
- 1 pound dry pappardelle pasta
- 2 leeks, white and light green parts only, halved lengthwise and thinly sliced (2 cups)
- 1 pound cherry tomatoes (about 3 cups)

1. Heat a large nonstick skillet over medium heat. Cook bacon, stirring often, until crispy (8–10 minutes); transfer bacon to a paper-towel-lined plate, reserving 1 tablespoon bacon fat in skillet. Meanwhile, cook pasta according to package directions in salted water; reserve 1/2 cup pasta water.

2. While pasta cooks, heat skillet and reserved fat over medium heat; add leeks and cherry tomatoes. Cook, stirring, until leeks begin to soften (about 5 minutes). Add reserved pasta water; simmer, partially covered, until tomatoes have burst and leeks are tender (12–15 minutes). Toss pasta with leek mixture and bacon and arrange in 6 serving bowls.

SERVING SIZE: About 1 1/3 cups
Calories 370; Fat 8g (sat 2.5g, mono 2.9g, poly 1.6g); Cholesterol 71mg; Protein 14g; Carbohydrate 61g; Sugars 5g; Fiber 4g; Iron 4mg; Sodium 303mg; Calcium 52mg

POWER UP YOUR PLATE!



A sprinkle of fresh herbs punches up the color and antioxidant power of your dish.



Crushed red pepper brings a bit of heat and can help kick up fat-burning.



Leeks, onions, and shallots build deep flavor and provide cancer-prevention benefits.



Olives lend a briny edge to dishes and contribute good fats.



A touch of freshly grated Parmesan boosts flavor without piling on the calories.



Cherry tomatoes add moisture and taste, plus heart-healthy lycopene.

MINT: KAI STIEP/GETTY IMAGES; CRUSHED PEPPER: ISTOCKPHOTO.COM; ONION: RENEE COMENT/GETTY IMAGES; OLIVES: ISTOCKPHOTO.COM; PARMESAN: ISTOCKPHOTO.COM; CHERRY TOMATO: LEW ROBERTSON/GETTY IMAGES