

Lemon Artichoke Pasta

- 1 small lemon
- 12 oz (350 g) uncooked spaghetti, broken in half
- 4 cups (1 L) unsalted chicken stock
- 1 can (14 oz or 398 mL) quartered artichoke hearts in water
- 1 cup (250 mL) loosely packed fresh parsley
- ¼ cup (50 mL) olive oil
- 2½ tsp (12 mL) **Lemon Pepper Rub**
- 4 garlic cloves
- 2 oz (60 g) fresh Parmesan cheese (½ cup/125 mL grated)
- 2 medium zucchini
- Salt (optional)



1. Using **Citrus Press**, juice lemon to measure 2 tbsp (30 mL); add to **Rockcrok® (4-qt./3.8-L) Dutch Oven** or **Deep Covered Baker**. Add spaghetti and stock; stir with **Small Mix 'N Scraper®**. Microwave, covered, on HIGH 8 minutes.
2. Drain artichokes in small **Stainless Mesh Colander**. Process parsley in **Manual Food Processor** until finely chopped. Add artichokes, oil, rub and garlic pressed with **Garlic Press**. Process again until artichokes are coarsely chopped, scraping down sides of bowl as necessary with **Mini Skinny Scraper**.
3. Carefully remove Dutch Oven from microwave to **Stackable Cooling Rack**; stir. Return to microwave. Microwave, covered, an additional 8 minutes or until pasta is tender.
4. Using **Microplane® Adjustable Fine Grater**, grate Parmesan; set aside. Cut off ends of zucchini. Using **Julienne Peeler**, cut zucchini into long strips (avoiding seeds) to measure 2 cups (500 mL). Cut strips in half with **Utility Knife**.
5. Add artichoke mixture, Parmesan and zucchini to Dutch Oven. Toss to coat with **Chef's Tongs**. Let stand, covered, 5 minutes. Season to taste with salt, if desired.

Serves 6

U.S. Nutrients per serving: Calories 380, Total Fat 13 g, Saturated Fat 3 g, Cholesterol 5 mg, Sodium 500 mg, Carbohydrate 49 g, Fiber 4 g, Protein 16 g

Cook's Tips:

You can add 12 oz (350 g) cooked boneless, skinless chicken breasts or 12 oz (350 g) peeled and deveined, large cooked shrimp to the pasta.

