



Lemon Butter Pasta with Artichokes and Capers

Recipe Source: toriavey.com

Serves 4-6

Ingredients:

8 oz whole wheat angel hair pasta or spaghetti
1 jar (8 oz) quartered artichoke hearts
2 Tbsp olive oil, divided
1 Tbsp butter
¼ cup shallots, minced
3 Tbsp capers, rinsed
Zest of one lemon, about 2 tsp
½ tsp crushed red pepper, optional
¼ tsp salt
5 Tbsp lemon juice, or more to taste
3 Tbsp chopped parsley, divided

Steps:

- Cook pasta per package directions. Rinse under cool water for a moment to keep the noodles loose. Reserve.
- In a large sauté pan or sauce pan, heat 1 Tablespoon olive oil over medium heat. Add artichokes and cover. Cook until warmed through and slightly browned. Remove from pan and reserve.
- Using the same pan, heat remaining Tablespoon olive oil and the butter over medium high heat. Once the butter has melted, add the shallots, capers, lemon zest, crushed red pepper (if using), and salt. Cook until the shallots are translucent.
- Carefully add the lemon juice and cook, stirring, until a sauce develops. This will happen quickly.
- Add the cooked pasta, 2 Tablespoons parsley, and artichokes to pan. Toss to evenly coat. If the pasta seems too dry, add water a few teaspoons at a time, to loosen it a bit. It should not be thick or heavy. The noodles should be lightly coated with the sauce.
- Garnish with remaining parsley and serve hot.

Tips from the Test Kitchen: Be sure to zest your lemon before juicing it. Red onion can be substituted for the shallot but it will be a slightly different flavor. If you like food with a Mediterranean flair, this might become one of your favorites! This can be served on its own as a main dish or along side simple grilled chicken.

Nutritional Facts: per serving Calories: 215, Carbohydrates: 27 grams, Protein: 6 grams, Total Fat: 11 grams, Saturated Fat: 3 grams, Cholesterol: 8 mg, Sodium: 647 mg, Fiber: 4 grams, Total Sugars: 2 grams.

