

Lemon, garlic, fava shoot pasta

FROM: JENN ARNDT, RD

You'll need:

- 8 ounces uncooked, whole wheat pasta
- 3 cups Twisted River Fava Shoots, roughly chopped as desired
- 1 1/2 lemon, juiced
- 1 small shallot, sliced
- 2 cloves garlic, minced
- 3 tbsp salted butter
- 1 tbsp olive oil
- Salt & pepper to taste
- 1/4 cup parmesan cheese

start by:

- Cooking pasta according to instructions until al dente.
- In a separate pan, add olive oil, garlic, and shallot and saute over medium heat until lightly browned. Add butter and lemon juice. Mix together and allow to slightly bubble.
- Turn heat to low and add in cooked pasta and fava shoots. Allow fava shoot to slightly wilt, about 1-2 minutes. Mix well. Add salt and pepper to taste and top with parmesan cheese as desired.
- Serve immediately with your favorite protein source!



Serves: 4-5
Prep time: 15 min
Cook time: ~20min



Notes:
