

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Spaghetti with Lemon and Toasted Walnuts

1 cup walnut halves

1/2 cup freshly grated Parmesan cheese (optional, or use substitute)

1/4 cup olive oil

1/4 cup lemon juice

2 tsp. grated organic lemon zest

1 clove garlic, minced (1tsp.)

3/4 tsp. freshly ground black pepper

1 lb. whole grain spaghetti

1 cup Italian parsley, coarsely chopped

1-Preheat oven to 350 F. Toast walnuts on baking sheet 10 minutes. Cool, coarsely chop.



2-Whisk together cheese, oil, lemon juice, lemon zest, garlic, and pepper in large bowl.

3-Cook pasta according to package directions. Drain, and reserve 1/2 cup pasta cooking water. Add drained pasta to cheese mixture, and toss to combine, adding some pasta water if mixture seems too thick. Stir in parsley and walnuts, and season with salt and more pepper, if desired.

This simple Italian combination is tasty on its own, or it can be filled out with roasted or steamed vegetables.

*Original recipe taken from **Vegetarian Times** December 2013 issue.*