Pasta and Green Beans with Lemon and Olive Oil *(2 servings)*

Ingredients

8 oz gluten-free pasta

1/2 lb French green beans*

1/4 cup extra virgin olive oil

6 scallions thinly sliced

4 cloves garlic cloves thinly sliced

1/2-1/4 tsp red pepper flakes

3/4 tsp kosher salt

1 Tbsp lemon zest

3-4 Tbsps fresh lemon juice

1/4 cup toasted chopped walnuts

Freshly cracked black pepper

Preparation

- Place walnuts in a dry heated sauce pan and roast on medium heat for 3-5 minutes, constantly stirring the nuts to prevent burning. Once roasted, set aside.

- Add 6½ to 7 cups of water to a near boil. Once the water is nearly boiling, add a generous amount of salt.

- Add the pasta to the boiling water. •Two minutes before the al dente cooking time listed on the package, ladle out about 1/2 cup of the pasta water and set aside.

- Cut beans to 1 inch pieces and add to the pot. Cook for the remaining two minutes, until the pasta is al dente and the beans are crisp-tender.

- Drain the pasta and beans.

- Heat the olive oil in a 12-inch sauté pan over medium heat.

- Add the onions and garlic and cook for 3-5 minutes, until the garlic is just golden, stirring frequently to prevent burning.

- Add the red pepper flakes and 3/4 teaspoon of kosher salt and cook for 30 seconds.

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- Add 1/4 cup of the pasta water to the pan and whisk to combine. Add in the hot cooked pasta and green beans, lemon zest, and 3 tablespoons of lemon juice.

- Gently toss and combine the ingredients. Add a bit more pasta water, as needed, to bring the sauce together.

- Taste, adding more of the lemon juice as needed.

- Finish with the roasted walnuts and season with salt and pepper to taste. Add more lemon zest and/or sprinkle parmesean cheese as desired.

Note: You can substitute regular green beans, asparagus, snap peas, or broccoli. Cut into bite-size pieces.