

Pasta with Peas and Ham

Dash Magazine

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 15 minutes

1/4 cup fresh lemon juice

1/4 teaspoon black pepper

1/3 cup extra-virgin olive oil

1/2 cup Parmesan cheese, Grated and divided

1/2 pound farfalle pasta

1 cup frozen peas

3/4 cup cooked ham, cut into 1/4-inch dice

In a bowl, combine lemon juice, pepper, olive oil, half of the cheese and a pinch of salt. Cover and shake well; set aside.

Bring four quarts of water to a boil on high heat. Add one teaspoon of salt to water. Add pasta and set timer for 2 minutes less than package directions.

When timer sounds, add peas and ham to boiling pasta and set timer for 2 more minutes.

Strain all together, draining well. Place in a bowl.

Add lemon juice and oil dressing. Mix well and top with remaining Parmesan cheese.

Per Serving (excluding unknown items): 267 Calories; 22g Fat (73.3% calories from fat); 11g Protein; 7g Carbohydrate; 2g Dietary Fiber; 22mg Cholesterol; 560mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Fruit; 3 1/2 Fat.