

# CORN, RED PEPPER & LEMON PASTA

## INGREDIENTS

	Water
<b>Pinch</b>	Salt
<b>8 oz</b>	Whole wheat pasta <b>OR</b> Quinoa pasta <b>OR</b> gluten-free pasta
<b>2</b>	Olive oil (for coating)
<b>2 ears</b>	Corn (remove outer leaves) (cut off kernels with a sharp knife) (don't throw out cobs)
<b>2 T</b>	Butter (unsalted)
<b>2 cloves</b>	Garlic (thinly sliced)
<b>1</b>	Pepper (red) (cored) (seeded) (diced)
<b>Pinch</b>	Turmeric (large pinch) (ground)
<b>1 1/2 C</b>	Milk (2% <b>OR</b> low fat) <b>OR</b> soy milk <b>OR</b> almond milk <b>OR</b> coconut milk
<b>1/4 C</b>	Parmesan (grated) <b>OR</b> vegan parmesan shred
	Kosher salt & black pepper
<b>1 t</b>	Lemon zest (about 1 lemon)
	Lemon wedges (for garnish)

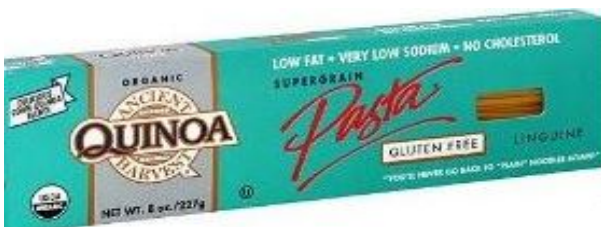


## DIRECTIONS

- 1 Bring a large pot of salted water to a boil
- 2 Drop the pasta into the water & cook according to package directions
- 3 Drain, reserving some of the pasta water
- 4 Toss the pasta with a splash of oil & set aside
- 5 Hold the shaved cobs over a bowl and scrape with the back of the knife to extract the milk & set aside
- 6 Melt the healthy butter in a large sauce pan at medium heat
- 7 Add the corn kernels, garlic, peppers & turmeric
- 8 Cook, stirring, until the vegetables are tender (about 6 minutes)
- 9 Add the corn milk, milk, 3 T of the Parmesan, 3/4 teaspoon salt & 1/2 teaspoon pepper
- 10 Bring to a gentle simmer, cook until slightly thickened (like the consistency of heavy cream) (about 5 minutes)
- 11 Add the cooked pasta, lemon zest & 1/4 teaspoon salt
- 12 Gently toss the pasta in the sauce (thin out with reserved pasta water if necessary)
- 13 Sprinkle with the remaining 1 T Parmesan & some black pepper
- 14 Serve with lemon wedges

## NOTES

Serves 4



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