

Creamy Lemon Linguine

with Caramelized Onion, Chard & Walnuts

Pasta and lemon are a delicious culinary duo: lemon's acidity perfectly and simply brightens up hearty pasta. This recipe uses sunny lemon flavor in three ways: with juice, zest and fresh, lemon-infused linguine. We're tossing the linguine with sautéed chard and caramelized onion in a creamy sauce made with Greek yogurt and a little butter. The result is a gourmet, vibrant meal, topped off with walnuts and shaved Parmesan cheese.



Ingredients

- ½ Pound Fresh Lemon Linguine Pasta
- ½ Cup Greek Yogurt
- 3 Cloves Garlic
- 1 Lemon
- 1 Yellow Onion
- ½ Bunch Chard

Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Walnuts
- ⅓ Cup Shaved Parmesan Cheese

Makes 2 Servings
About 700 Calories Per Serving
Prep Time: 15 min | Cook Time: 20 to 30 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel the onion and cut into large wedges; separate the layers. Peel and mince the garlic. Separate the chard leaves and stems; roughly chop the leaves and thinly slice the stems, keeping them separate. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Roughly chop the walnuts.

2



Caramelize the onion:

In a large, high-sided pan, heat 2 teaspoons of olive oil on medium until hot. Add the **onion** and cook, stirring occasionally, 8 to 10 minutes, or until lightly browned. Add **1 tablespoon of water** and cook, stirring frequently, 2 to 4 minutes, or until browned and very tender. Stir in **an additional tablespoon of water**, scraping up any browned bits from the bottom of the pan; season with salt and pepper.

3



Add the chard:

Add the **garlic** and **chard stems** to the pan of onion; season with salt and pepper. (If the pan seems dry, add 1 teaspoon of olive oil.) Cook, stirring frequently, 1 to 2 minutes, or until the garlic is fragrant and the chard stems are slightly tender. Add the **chard leaves**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted. Remove from heat.

4



Cook the pasta:

Using your hands, carefully separate the strands of the **pasta**; add to the pot of boiling water. Cook 2 to 3 minutes, or until al dente (still slightly firm to the bite). Reserving **¾ cup of the pasta cooking water**, thoroughly drain the cooked pasta.

5



Finish the pasta:

To the pan of vegetables, add the **cooked pasta**, **yogurt**, **butter**, **lemon zest**, **the juice of all 4 lemon wedges** and **½ cup of the reserved pasta cooking water**; season with salt and pepper. Cook on medium, stirring frequently, 1 to 2 minutes, or until thoroughly combined and heated through. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Remove from heat and season with salt and pepper to taste.

6



Serve your dish:

Divide the **finished pasta** between 2 dishes. Garnish with the **cheese** and **walnuts**. Enjoy!