

Whole Wheat Spaghetti

with Fiddleheads & Purple Spring Onions

Fiddleheads are the curled fronds of young ferns, harvested before the leaves have a chance to grow and unroll. The name 'fiddlehead' comes from their resemblance to the scroll (the spiraled, decorative top) of a violin or fiddle. This vegetable was a staple in Native American, Asian and European cooking. Here, it's a simple, elegant addition to this wholesome spring pasta.



Ingredients

- 3 Cloves Garlic
- 2 Purple Spring Onions
- 1 15-Ounce Can Cannellini Beans
- 1 Bunch Lemon Basil
- 1 Lemon
- 2 Ounces Fiddlehead Ferns
- 8 Ounces Whole Wheat Spaghetti
- ¼ Cup Grated Parmesan Cheese
- 2 Tablespoons Butter

Makes 2 Servings
About 700 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Peel and mince the garlic. Cut off and discard the root and just a little of the green tips of the spring onions; peel off and discard the outermost layer then thinly slice the onion on an angle. (Reserve a pinch of the green parts for garnish.) Drain and rinse the beans. Pick the basil leaves off the stems; discard the stems. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds.



Prepare the fiddlehead ferns:

Cut off and discard the woody ends of the **fiddlehead ferns**. Working one at a time, unroll each fern and remove and discard any dirt or fuzzy parts. Submerge the fiddleheads in cold water and swish them around to remove any fuzz still clinging to them; drain the ferns thoroughly. Repeat this process until the ferns come out completely clean. Transfer to a paper towel until ready to use.



Cook the pasta:

Once the water is boiling, add the **pasta** and cook 9 to 11 minutes, or until almost al dente. Reserve **¾ cup of the pasta cooking water** and drain the pasta thoroughly. Set aside as you continue cooking.



Cook the fiddleheads ferns:

Once the pasta is drained, in a large pan, (nonstick, if you have one) heat 2 teaspoons of olive oil on medium-high until hot. Add the **fiddlehead ferns** and cook 2 to 3 minutes, or until browned.



Add the aromatics & pasta:

To the pan with the fiddleheads, add the **garlic** and **spring onions**. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant and softened. Add the **drained pasta, beans, lemon zest, the juice of 2 lemon wedges** and **½ cup of reserved cooking water**. Cook, tossing to coat, 1 to 2 minutes, or until the pasta absorbs any remaining liquid. (If desired, you may add more pasta water to achieve your ideal consistency.) Remove from heat.



Finish & plate your dish:

Off the heat, add the **butter, lemon basil** (roughly chopping or tearing the leaves just before adding) and **half the Parmesan cheese** to the pasta, stirring until thoroughly combined. Season with salt and pepper to taste. To plate your dish, divide the **pasta** between 2 plates. Garnish with the **reserved green parts of the onions** and **remaining Parmesan cheese and lemon wedges**. Enjoy!