

Conchiglie con Olio e Limone

Serves 4

A simple, lemony dish from Arturo Lengo's "Cucina Napoletana" (Interlink Books; 2008). Serve warm in midwinter when the lemon juice combines with the soothing fresh hot cooked pasta for a bright hit of sunshine. Such a basic dish can be embellished with grated Pecorino, ricotta salata, dried Jack or Parmesan cheese, and/or dollops of ricotta; if cheese is not your thing, a handful of shrimp can be tossed into the pot when the pasta is almost al dente, then tossed into the lemon-olive oil dressing.

14 ounces conchiglie (dried pasta shells), penne, or other pasta shape of preference

3 to 4 tablespoons extra virgin olive oil, or more to taste

Grated zest and juice of 1 lemon

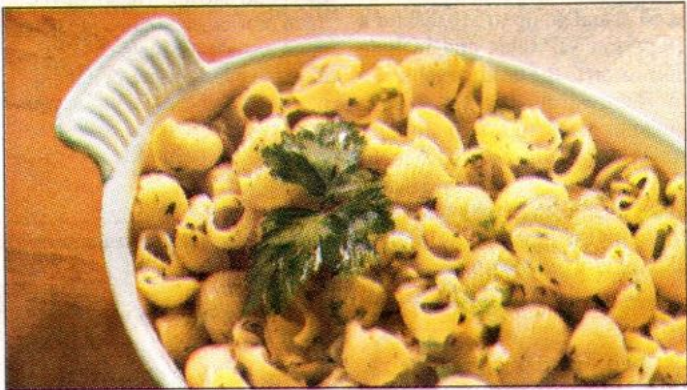
3 green onions, both green and

white parts, thinly sliced

1 tablespoon chopped flat leaf parsley

Sea salt and freshly ground black pepper

Instructions: Bring a large pot of lightly salted water to a boil. Add the pasta and cook according to package directions. Reserve $\frac{1}{2}$ cup of the cooking water, then drain the pasta well.



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Toss the hot pasta with the olive oil, lemon zest, lemon juice, green onions and parsley, then gradually toss in a few spoonfuls of the hot cooking water; season with sea salt and black pepper and eat right away.

Per serving: 423 calories, 11 g protein, 66 g carbohydrate, 12 g fat (2 g saturated), 0 cholesterol, 4 mg sodium, 3 g fiber.