

# LINGUINE WITH LEMON CREAM

## INGREDIENTS:

- 1 pound dried linguine
- ½ teaspoon salt + salt for cooking pasta
- 2½ cups heavy cream
- Juice of 5 lemons
- 1 cup grated Parmesan cheese
- ½ cup butter, cut into pieces
- Freshly ground white pepper to taste

**INSTRUCTIONS:** Cook the linguine in a large pot of generously salted water until tender but still firm to the bite, about 10 minutes.

While the pasta is cooking, combine the cream, lemon juice and ½ teaspoon salt in a

large saucepan over medium-high heat. Bring to a boil.

Add the Parmesan cheese and the butter to the lemon juice/cream mixture.

Stir constantly until the sauce thickens, about 5 to 10 minutes.

Drain the pasta. Transfer to a large serving bowl.

Pour the sauce over the pasta and toss to coat. Season with white pepper.

Serves 6.

**PER SERVING:** 830 calories, 17 g protein, 63 g carbohydrate, 57 g fat (35 g saturated), 188 mg cholesterol, 597 mg sodium, 0 fiber.

## SECRETS OF SUCCESS

■ **Lots of lemon.** The juice of five lemons seems like a lot, but this amount gives the sauce a fresh intensity without having to grate or chop the zest.

■ **The utter simplicity.** The play between the cream, butter, Parmesan and lemon juice is invigorating.