



**PASTA DINNERS
IN A FLASH:**
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Artichokes with mint and lemon

SERVES 6 TO 8 | 30 MINUTES

Because this is such a simple salad, it's important to use super-fresh vegetables and top-quality olive oil and cheese.

½ lemon, plus 3 tbsp. juice
10 baby artichokes
5 tbsp. extra-virgin olive oil
½ tsp. sea salt
¼ tsp. pepper
8 oz. wild or baby arugula
¼ cup torn mint leaves
Wedge of parmigiano-reggiano cheese

1. Fill a large bowl halfway with cold water and squeeze in juice from ½ lemon. Working with 1 artichoke at a time, break

off outer leaves at the base. Continue removing leaves until only innermost tender yellow leaves remain. Cut artichokes crosswise and discard prickly tips. Trim all but 1 in. of stem, then trim outer layer of stem and the base to remove any dark green bits. Put into lemon water.

2. Mix remaining 3 tbsp. lemon juice, the oil, salt, and pepper in a bowl. Working with 1 artichoke at a time, blot dry, then shave lengthwise with a mandoline or a vegetable peeler into the oil mixture.

3. Add arugula and mint to artichokes; toss to coat. Divide salad among plates, then shave cheese over each.

PER SERVING 150 CAL., 69% (104 CAL.) FROM FAT; 6.2 G PROTEIN; 12 G FAT (3.6 G SAT.); 7.3 G CARBO (3.6 G FIBER); 242 MG SODIUM; 9.5 MG CHOL.

Spring lamb roasted with mint and garlic

SERVES 8 | 1 HOUR

We doubled this recipe so it could serve as a main course. Lamb loins are amazingly tender and flavorful but also expensive; we found that cheaper lamb shoulder roast (although tougher) works too. Just cook it a little longer—about 10 minutes more.

ANCHOVY BUTTER

½ cup unsalted butter, at room temperature
½ cup minced yellow onion
1 salt-packed anchovy, rinsed and minced
3 tbsp. chopped mint leaves
Zest of 1 lemon
½ tsp. each sea salt and pepper

LAMB

2 tbsp. olive oil
2 boned lamb loins (4 lbs.)
1 garlic head, cut in half crosswise
1 bunch mint, ends trimmed

1. Make butter: Put ingredients into bowl of a mixer and beat until smooth.

2. Prepare lamb: Preheat oven to 425°. Heat a large cast-iron frying pan over high heat until very hot. Add oil and swirl pan to coat. Put lamb in center of pan. Put garlic halves on either side of lamb, cut sides up, and lay mint over garlic. Cook lamb, turning once, until well browned, about 4 minutes on each side.

3. Put pan with lamb in oven to roast until meat reaches 125° on a meat thermometer, 12 to 14 minutes for medium-rare.

4. Transfer lamb to a cutting board and tent with foil. Let rest 10 minutes before slicing. Serve with mint and garlic on the side and a dollop of anchovy butter on the warm lamb slices.

PER SERVING 647 CAL., 70% (456 CAL.) FROM FAT; 41 G PROTEIN; 51 G FAT (23 G SAT.); 4.7 G CARBO (0.8 G FIBER); 227 MG SODIUM; 189 MG CHOL. >98