



Weekly Recipe Challenge



Spaghetti with Arugula, Roasted Peppers & Prosciutto

(courtesy of EatingWell)

The complex flavors of a good Parmesan, such as Reggiano, and a high-quality prosciutto are essential for this pasta. Less expensive products will often contribute more saltiness than true flavor to the final result.

4 servings, about 2 cups each (4 Carbohydrate Serving) | Active Time: 30 minutes | Total Time: 30 minutes



Ingredients

- 12 ounces whole-wheat spaghetti
- 1 tablespoon extra-virgin olive oil
- 4 cloves garlic, minced
- 1/8-1/4 teaspoon crushed red pepper
- 2 ounces thinly sliced prosciutto, trimmed of fat and cut into thin strips (1/2 cup)
- 1 12-ounce jar roasted red peppers, rinsed and cut into thin strips (1 1/2 cups)
- 8 cups arugula leaves, (8 ounces)
- 2/3 cup freshly grated Parmesan cheese, divided
- Freshly ground pepper, to taste
- 1/3 cup chopped walnuts, toasted



Instructions

1. Cook spaghetti in a large pot of lightly salted boiling water until just tender, 8 to 10 minutes.
2. Meanwhile, heat oil in a large skillet over medium-low heat. Add garlic and crushed red pepper; cook, stirring, until fragrant but not colored, 1 to 2 minutes.
3. Add prosciutto and cook, stirring often, until lightly browned, 2 to 3 minutes.
4. Stir in roasted peppers and arugula; increase heat to medium-high. Cook, stirring often, until the arugula is wilted, 3 to 4 minutes.
5. Reserving 1/3 cup of the cooking water, drain the spaghetti and place in a warmed large bowl.
6. Add the reserved water, arugula mixture, 1/3 cup Parmesan and pepper; toss to coat well. Sprinkle with walnuts and the remaining Parmesan and serve.



Nutritional Information (per serving) Exchanges: 4 starch, 1 1/2 vegetable, 1 lean protein, 2 fat

- **Calories** 496
- **Carbohydrates** 73g (Fiber 13g)
- **Cholesterol** 16mg
- **Fat** 16g (3g Saturated Fat; 4g Monounsaturated)
- **Sodium** 834mg
- **Potassium** 388mg
- **Protein** 23g

For More Information Contact Melissa Ross
@ 762-1832 or mgross@murrayhospital.org