

Snappy Spring Vegetable Pasta

Makes 4 to 6 servings

This easy pasta dish is a delicious way to have your child help you cook and eat spring vegetables. Pan-roasting radishes brings out their sweetness and makes them taste less sharp and spicy. Watercress is peppery so use more or less to suit your family's taste.

Ingredients

- 8 ounces (½ package) whole wheat spaghetti
- 1 bunch (about 1 pound) asparagus, tough ends trimmed off and chopped into 1 inch pieces
- 2 tablespoons olive oil
- 1 bunch radishes, greens removed, washed, and cut in half
- ½ teaspoon black pepper
- 1 shallot or ½ red onion, thinly sliced
- 2 garlic cloves, peeled and finely chopped
- 2 tablespoons low-sodium soy sauce or tamari
- 1 tablespoon lemon juice
- 1 handful watercress, chopped



Photo: Epicurious

Directions

1. Bring a large pot of water to a boil. Add 1 teaspoon salt and the pasta.
2. When there are 3 minutes left before the pasta is cooked according to the package's directions, add the asparagus to the pot. After 2 minutes, remove and save ½ cup of the cooking water, then drain the pasta with the asparagus.
3. Heat 1 tablespoon olive oil in a large pan set over medium-high heat. Add the radishes in a single layer to the pan. Season with a ¼ teaspoon salt and black pepper.
4. Cook the radishes, stirring once in while, until the radishes are soft and browned all over, about 8 to 10 minutes. Transfer the roasted radishes to a plate.
5. Turn the heat down to medium. Heat the remaining 1 tablespoon of olive oil in the pan. Add the shallot and cook until soft, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute.
6. Add the reserved pasta water, soy sauce, and lemon juice to the pan and stir together. Add the cooked pasta, asparagus, and radishes. Mix well and cook for another 1 to 2 minutes. Turn off the heat and add the watercress. Serve warm.

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