



Pasta with Pine Nuts and Parmesan

Ingredients:

¼ lb. linguine
2 teaspoons olive oil
¼ cup pine nuts
1 cup sliced zucchini
1 tablespoon parsley, chopped
Sprinkle of salt
2 tablespoons grated parmesan cheese

Serves 2

Preparation

Cook pasta in boiling salted water until al dente. Drain thoroughly. Melt olive oil in skillet over medium heat and sauté zucchini until soft, about 8 minutes. Set aside. Put pine nuts in same skillet and sauté until lightly golden. Remove from heat. Combine pasta, remaining ingredients and pepper taste in a bowl and toss.

Nutrition information per serving: Calories 310, Fat 14.5 g; Saturated fat 1.9 g, Sodium 177 mg, Carbohydrate 35.6 g, Fiber 1.4 g, Protein 11.4 g