

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Spring Asparagus Pasta

8 ounces pasta of your choice
4 tbsp extra virgin olive oil
2 garlic cloves, chopped
pinch of red chili flakes
1 bunch of asparagus (about a pound)
3 tbsp butter
1 lemon*

Bring a pot of water to a boil for the pasta. Once boiling, add the pasta and continue to boil until the pasta is tender. Reserve about 1/2 cup of the starchy cooking water, then drain the pasta and set it aside

While the pasta is cooking, prepare the asparagus. Remove the bottom 1/2 to 1-inch of the stems, or just the part that is tough and woody. Chop the remaining asparagus into 1-inch pieces.

Warm the oil in a large deep skillet over medium heat. Add the garlic and red chili flakes. Let that warm for a minute and flavour the oil. Add the asparagus and cook until al dente, about 5 minutes.

Add the butter to the skillet with the asparagus. Add the cooked and drained pasta to the skillet with the sautéed asparagus. Toss until it is combined with the asparagus and coated with garlic butter. Top with a generous pinch of salt and freshly cracked pepper.

Use a zester, zest the lemon onto the pasta. Once zested, slice the lemon in half and squeeze the fresh juice over the pasta. Toss the pasta until everything is well combined, adding a splash of the reserved pasta cooking water if it becomes dry. Taste the pasta and adjust the salt, pepper, or lemon if desired. Serve warm.



*Recipe courtesy of food writer, Lynn Ogryzlo
Photograph courtesy of food photographer, Jon Ogryzlo
Episode #61: A Season of Asparagus*

Email Lynn with questions or comments at lynnogryzlo@gmail.com

**Alternately, you can eliminate the lemon and simply drizzle with a little verjus. Toss and enjoy.*

Because What You Put In Your Body Matters!