

# Lemon & Pea Pasta

RELIEF FROM NAUSEA

5 Min. Prep | 15 Min Cook  
Makes 1 Serving

## Ingredients

- 2 oz. chickpea penne pasta
- 2 1/2 oz. frozen peas
- 1/4 lemon, zested and juiced
- 1/2 Tbsp nutritional yeast
- 1 Tbsp olive oil
- 1 dash pepper

## Directions

1. Bring a pot of water to a boil. Add peas and cook until tender. Use a slotted spoon to transfer the peas to a large bowl.
2. In the same pot of boiling water, add pasta and cook according to package instructions for al dente.
3. Meanwhile, use a fork to mash the peas. Add lemon zest, lemon juice, nutritional yeast, oil, and pepper and combine.
4. Drain pasta and reserve a bit of the water in case it is needed.
5. Add pasta to the bowl with the peas and stir well to combine. Add pasta water as needed to moisten the pasta



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## Notes

Enjoy as a lunch or dinner entrée.

Customizable ingredients:

- Can use any type of pasta.
- Can add pine nuts for added protein.
- Try it with cherry tomatoes and fresh minced basil!

## Nutrition Info

408 calories, 18g protein, 17g total fat, 2g saturated fat, 147mg sodium, 45g carbs, 11g fiber, 0g added sugars

