



Spaghetti with Arugula, Roasted Peppers & Prosciutto Provided by EatingWell.com



The complex flavors of a good Parmesan, such as Reggiano, and a high-quality prosciutto, such as San Danielle, Volpi or di Parma, are essential for this pasta. Less expensive products will often contribute more saltiness than true flavor to the final result. Ask for a sample at the delicatessen when buying--if it tastes good on its own, it will make the dish taste good as well.

• **INGREDIENTS**

- 12 ounces whole-wheat spaghetti, (see Ingredient note)
- 1 tablespoon extra-virgin olive oil
- 4 cloves garlic, minced
- 1/8-1 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

COOKING DIRECTIONS

Step 1: Cook spaghetti in a large pot of lightly salted boiling water until just tender, 8 to 10 minutes.

Step 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. Add prosciutto and cook, stirring often, until lightly browned, 2 to 3 minutes. Stir in roasted peppers and arugula; increase heat to medium-high. Cook, stirring often, until the arugula is wilted, 3 to 4 minutes.

Step 3: Reserving 1/3 cup of the cooking water, drain the spaghetti and place in a warmed large bowl. 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.

RECIPE TIPS

Wrap tortillas in barely damp paper towels and microwave on High for 30 to 45 seconds.

Serves 4 - Prep Time 30 min. - Total Time 30 min.



NUTRITION INFO

Per serving

Calories: 496 Carbohydrates: 73g Fat: 16g Protein: 23g Dietary Fiber: 13g Saturated Fat: 3g Monounsaturated Fat:

4g Cholesterol: 16mg Potassium: 388mg Sodium: 834mg

Exchanges: 4 starch, 1 1/2 vegetable, 1 lean protein, 2 fat

Carbohydrate Servings: 4

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