



# FORKS over KNIVES®

## **Fettuccine with Grilled Asparagus, Peas, and Lemon** **by Jason Wyrick**

*Serves 2*

*From 21-Day Weight Loss Kickstart*

*Photo By Eco-Vegan Gal*



6–8 stalks asparagus  
2 cloves garlic, minced  
Juice of 1 lemon, about 2 tablespoons  
Pinch of coarse sea salt  
Water  
6 ounces fettuccine  
2 tablespoons minced parsley  
1 cup peas

### ***Instructions:***

Toss the asparagus in the garlic, lemon juice, and salt. Grill the asparagus until it just starts to develop a few blackened spots. The asparagus should still have some crispness to it. Cut the asparagus into 2-inch pieces. Bring the water to a boil. Boil the pasta until it is al dente. Toss the cooked pasta with the asparagus, parsley, and peas.