



Serves 2

Preparation Time: 10 minutes

Cook Time: 30 minutes

INGREDIENTS:

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 fresh or frozen peas

Fettuccine with Grilled Asparagus, Peas, and Lemon

Asparagus and peas, with the lightness of lemons and parsley, create a beautiful dish, perfect for lunch and dinner.

From *21-Day Weight Loss Kickstart*

Find this recipe and more 30-minute meals in the *Forks Over Knives Recipe App*.

By Jason Wyrick

- 1 Toss the asparagus in the garlic, lemon juice, and salt.
- 2 Grill the asparagus until it just starts to develop a few blackened spots. The asparagus should still have some crispness to it.
- 3 Cut the asparagus into 2-inch pieces.
- 4 Bring the water to a boil. Add the pasta and boil until pasta is al dente, adding peas to the pot during the last minutes of cooking.
- 5 Drain the pasta and peas and return to pot. Add the asparagus and parsley, and toss to combine.