



Makes 6 cups
Preparation Time: 20 minutes

INGREDIENTS:

8 oz. dry whole wheat linguine

4 large carrots, peeled into ribbons

4 large parsnips, peeled into ribbons

12 scallions (green onions), trimmed and halved

8 radishes, thinly sliced

1 15-oz. can chickpeas (1½ cups)

¼ cup currants or raisins

1 clove garlic, minced

¼ teaspoon crushed red pepper

¼ cup fresh basil leaves

Linguine with Root Vegetable Ribbons

A vegetable peeler is all you need to shave vegetables into ribbons. The thin ribbons weave among strands of linguine while infusing pasta with flavor via the cooking water. This comforting pasta dish has an impressive presentation but comes together in just 20 minutes. Interested in more popular recipes? Check out more of our [healthy vegan recipes](#).

By Mary Margaret Chappell

- 1** Cook linguine according to package directions for al dente. Add carrots, parsnips, scallions, and radishes the last 4 minutes of cooking. Add chickpeas and currants the last 1 minute of cooking.
- 2** Drain pasta mixture, reserving ¾ cup cooking liquid. Return pasta mixture to the pot; stir in garlic, crushed red pepper, and the reserved cooking liquid. Sprinkle with basil.