



8 cups

Preparation Time: 30 minutes

INGREDIENTS:

¾ cup coarsely chopped shallots
(3 shallots)

½ cup low-sodium vegetable
broth

4 cloves garlic, coarsely chopped
(1 tablespoon)

12 oz. dry whole wheat linguine
or angel hair pasta

1 12-oz. package frozen
artichoke hearts, thawed and
chopped, or one 14-oz. can,
drained and chopped

2 cups cooked French green
lentils

2 tablespoons white balsamic
vinegar

2 tablespoons capers, drained

1 tablespoon chopped fresh
oregano

2 teaspoons lemon zest

¼ teaspoon sea salt

¼ teaspoon crushed red pepper

Lemon wedges

Linguine with Artichokes and Lentils

Reminiscent of pasta with clam sauce, this flavor-packed dish features frozen **artichoke hearts** cooked to creamy perfection with tender linguine pasta. French green **lentils** add an earthy heft which is perfectly balanced by citrusy lemon zest, briny capers, and fragrant fresh oregano. Ready in 30 minutes or less, this dish comes together in about the time it takes to cook the pasta!

Tips: This recipe calls for cooked French green lentils, so be sure to have those on hand, or allow extra time to cook them beforehand. Cooked lentils freeze well; batch-cook a load and keep a store in your freezer for meals like this.

To make this dish gluten-free, use gluten-free linguine or other gluten-free pasta.

For more inspiration, check out these tasty ideas:

- [Summer Pasta Bowls with Grilled Veggies and Cashew Cream Sauce](#)
- [Linguine with Mushroom Pesto](#)
- [Lemony Asparagus Fettuccine](#)
- Or this collection of [Pasta and Noodle Recipes You Can Make in 30 Minutes or Less](#)

By Ellen Boeke

- 1 In a large skillet cook shallots over medium 5 minutes or until tender, stirring frequently and adding broth, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add garlic; cook 2 minutes.
- 2 Meanwhile, prepare pasta according to package directions. Reserve 2 cups pasta cooking water. Drain pasta and return to pot.
- 3 Stir the remaining broth and the next eight ingredients (through red pepper) into skillet. Heat through. Add to pasta; toss to combine. Add enough pasta cooking water to make saucy, tossing with tongs. Sprinkle with additional fresh oregano. Serve with lemon wedges.