



Makes 9 cups
Preparation Time: 35 minutes

INGREDIENTS:

3 small zucchini (5 oz. each),
halved lengthwise

3 large lemons, halved

12 oz. dry whole wheat reginetti
or tagliatelle pasta

1 15-oz. can no-salt-added red
beans, rinsed and drained (1½
cups)

3 cloves garlic, minced

2 tablespoons tahini

1 teaspoon sea salt

¾ teaspoon freshly cracked
black pepper

2 cups packed fresh baby
spinach

2 tablespoons chopped fresh dill

Charred Lemon and Zucchini Pasta

Ready in just 35 minutes, this summery **pasta** delivers big, bold flavors. You'll start by grilling **zucchini** and lemons until they're caramelized, charred in places, and bursting with smoky-citrusy aroma. Charring lemon is a flavor trick you'll want to use again and again; it adds an irresistible depth that elevates this hearty zucchini dish. While they cook, boil the pasta and sauté red beans with garlic. A swirl of lemony bean sauce and wilted spinach ties it all together. Serve with a wedge of charred lemon and a sprinkle of fresh dill.

Tips

To char lemons and zucchini in the broiler: Preheat broiler. Trim ends from lemon halves so they can sit with cut sides facing up. Place zucchini and lemons on a foil-lined baking sheet. Broil 4 to 5 inches from heat 6 to 8 minutes or until zucchini are tender and charred in places and cut sides of lemons are charred, turning zucchini once.

Gluten-free version: Use gluten-free pasta.

For more inspiration, check out these tasty ideas:

- [Basil-Leek Pesto Pasta with Cherry Tomatoes and Summer Squash](#)
- [Creamy One-Pot Pasta with Broccolini](#)
- [Broccoli Pasta Salad with Red Pepper Pesto](#)
- [Microwave Pasta Primavera](#)

By Kathryn Johnson, RDN, LD

- 1 Place zucchini and lemons, cut sides down, on grill rack. Grill, covered, over medium heat 8 minutes or until zucchini is tender and charred in places and cut sides of lemons are charred, turning zucchini once. (Alternatively, char the zucchini and lemons in a broiler. See tip, recipe intro.) Let cool. Slice zucchini and squeeze juice from two of the lemon halves.
- 2 Prepare pasta according to package directions. Drain, reserving 1½ cups cooking water. Return pasta to pot.
- 3 Meanwhile, in a large skillet cook beans and garlic over medium until garlic is fragrant, stirring occasionally and adding water, 1 tablespoon at a time, as needed to prevent sticking.
- 4 For sauce, in a blender or food processor combine ½ cup of the bean mixture, 1 cup of the pasta water, ¼ cup of the charred-lemon juice, the tahini, salt, and pepper. Cover and blend until very smooth, adding more pasta water as needed to achieve desired consistency.
- 5 Add sauce, zucchini, remaining bean mixture, and spinach to pasta in pot. Cook and stir over medium until spinach is wilted, adding more pasta water as needed to achieve desired consistency. Stir in dill. Serve with remaining lemon halves and top with additional fresh dill.

