

Herbed Fettuccine Nests

After the holidays we all want to slow down and take it easy. That goes for our poor stomachs too! All those parties and family gatherings have kept them on work overload. Here is a terrific tasting pasta dish that is easy to make and just as easy to digest. Buon appetito e Buon Anno!



Serving size: 4 cups. Serves 4.

Ingredients

8 oz 100% semolina fettuccine (or pappardelle) nests (8 nests)
4 tbsp unsalted butter
1 heaping tbsp minced fresh sage or 2 tsp dried (see note)
1 ½ tsp freshly squeezed lemon juice
salt/pepper to taste

Directions

1. Slowly melt butter in a small sauce pan. Shake or stir the pan to allow the butter to melt evenly. A foam will form and when the butter starts turning brown (approx. 3 ½ minutes), remove it from the heat.
2. Add in the lemon juice, sage, salt and pepper. Keep warm.
3. In the meantime, cook the noodles according to package directions. Cooking time should be between 6-8 minutes. Drain the noodles, return them to the pot, pour over the sauce and mix thoroughly. Serve with grated cheese.

Note: Since sage is the primary contributing flavor in this recipe, using the fresh herb is strongly recommended. Fresh rosemary may be substituted for sage.

Nutritional Information

Calories: 312
Carbohydrates: 22 g
Protein: 7 g
Fat: 12 g
Saturated Fat: 7 g
Cholesterol: 30 mg
Fiber: 2 g

GI Value: 43 - low