

## Pasta with Artichokes – Zucchini & Lemon

A great weeknight option – quick & delicious!

### Ingredients

- 2 medium zucchini, sliced
- 6 packets [Proti-Pasta](#), dry (6 cups)
- 1/3 cup olive oil
- 2 cloves garlic, minced
- 2, 9 ounce packages frozen artichoke hearts, defrosted
- 2 teaspoons lemon zest
- 1/4 cup lemon juice
- 1/3 cup Parmigiano Reggiano cheese, freshly grated
- 1 tablespoon fresh tarragon, chopped



### Directions

1. Sprinkle zucchini with salt. Drain in colander 30-60 minutes.
2. Bring a large pot of water to a boil. Cook pasta, drain and return to pot.
3. Heat olive oil in a large skillet. Add zucchini and sauté until tender.
4. Add garlic and sauté 1 additional minute.
5. Add artichoke hearts, lemon zest and lemon juice-simmer for 2 minutes.
6. Add tarragon; mix well. Sprinkle with Parmigiano cheese and serve.

Makes 6 servings

### Nutrition Facts:

Calories 336  
Total Fat 3g  
Total Carbohydrates 25g  
Dietary Fiber 4g  
Protein 25g

From Proti