



## hazelnut green pasta

featured product:  
**SUPERGREENS!**

try this foolproof way to make a nutty green pasta sauce with creamy consistency. an easy weeknight dinner option that goes great with your favorite pasta noodles. finish it off with lemon zest and chili flakes for a real kick.



## ingredients

4 servings

- 1 lb of your favorite long pasta (spaghetti, linguini, angel hair, chiatara, etc)
- 7 cups organicgirl **SUPERGREENS!**
- 1 1/2 cup flat leaf parsley
- 2-3 cloves garlic
- 1 cup pasta water
- 1 1/2 cup parmesan cheese, grated
- 1 1/4 cup hazelnuts, skins removed
- 1 lemon, zest reserved and juiced
- 3 tsp salt
- pinch ground pepper
- optional chili flakes for garnish

## directions

1. bring a large pot of salted water to boil
2. add the hazelnuts and boil for 5 minutes
3. add SUPERGREENS! to the water with hazelnuts; cook for 3-5 minutes
4. reserve 2 cups of pasta water
5. remove the greens and nuts with a slotted spoon or spider strainer and add to a blender with parsley, garlic, parm, lemon juice, salt and pepper.
6. add pasta water in small increments and blend on high until you reach a velvety sauce consistency.
7. cook pasta based on packaging directions
8. toss together cooked pasta and sauce. garnish with lemon zest, chopped hazelnuts and chili flakes.

## nutrition

- calories per serving- 299
- fat per serving- 9g
- cholesterol per serving- 11mg?
- sodium per serving- 2022mg?
- carbohydrates per serving- 42g?
- total sugar per serving- 1.7g?
- protein per serving- 13g