

Sugar Snap Peas and Bow Tie Pasta

Ingredients

- 1 pound whole wheat bow tie pasta
- 1 gallon boiling water
- 1/2 (one-half) teaspoon salt
- 2 Tablespoons olive oil
- 2 cups fresh sugar snap peas
- 1 Tablespoon minced garlic
- 1/4 (one-quarter) cup Parmesan cheese, freshly shredded
- 1 Tablespoon chopped fresh basil

Method

Add pasta and salt to boiling water. Cook for eight minutes. Drain and rinse in hot water. Set aside and keep warm. Heat oil in a fry pan and add sugar snap peas and garlic. Cook and stir just until peas are tender crisp, about five minutes. Stir pea mixture into pasta and mix gently. Pour into serving bowl. Sprinkle with cheese and basil. Serves eight.