

PREPARATION: 10 MINUTES

COOKING: 15 MINUTES

4 SERVINGS

ONE POT LEMON BASIL PASTA

INGREDIENTS

2 cups no salt added chicken broth

¼ cup 15-18% cream

1 garlic clove, minced

1 tablespoon parmesan cheese, grated

¾ cup frozen green peas

1 tablespoon lemon zest

⅓ teaspoon black pepper

225g spaghetti, uncooked

6 tablespoons pasteurized egg whites

2 tablespoons fresh basil leaves, chopped



Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

2 Protein + 3 Starch + ½ Vegetable

Calories	283Kcal
Protein	14g
Carbohydrates	48g
Fibre	3g
Total Fat	4g
Saturated Fat	2g
Cholesterol	9mg
Sodium	140mg
Potassium	308mg
Phosphorus	187mg

PREPARATION

- 1 Pour the chicken broth and the cream into a frying pan with a cover. You can also use a big pot that fits the length of the uncooked spaghetti without breaking it.
- 2 Add the garlic, parmesan and peas. Season with half of the lemon zest and pepper.
- 3 Add the spaghetti and bring the liquid with the pasta to a boil. Stir, reduce the heat, cover and let cook for 10 to 12 minutes until the pasta is cooked.
- 4 Lift the cover during the cooking period to make sure that there is enough liquid left until the pasta is cooked. Add chicken stock if necessary.
- 5 Once the pasta is cooked, remove the pan from the heat and add the egg whites. Stir the pasta and the sauce. The egg whites will cook with the heat of the pasta and its sauce.
- 6 Garnish with the rest of the lemon zest and the basil and serve immediately.