



Whole-Grain Shells with Goat Cheese & Walnuts

Active time 10 minutes

Total time 25 minutes

Makes 6 main-dish servings

Salt and pepper

½ c. walnuts, chopped

2 cloves garlic, chopped

1 Tbsp. extra virgin olive oil

1 box (13.25 oz.) medium whole-grain shells

1 lb. frozen peas

6 oz. goat cheese, softened

1. Heat covered 6-quart pot of water to boiling on high. Add 2 teaspoons salt.
2. In 8- to 10-in. skillet, combine walnuts, garlic, and oil. Cook on medium until golden and fragrant, stirring occasionally. Stir in ¼ teaspoon each salt and freshly ground black pepper.
3. Add pasta to boiling water in pot. Cook 1 minute less than minimum time that label directs, stirring occasionally. Add peas; cook 1 minute longer. Reserve 1 cup pasta cooking water. Drain pasta and peas; return to pot. Add goat cheese, ½ cup cooking water, ¼ teaspoon salt, and ½ teaspoon freshly ground black pepper. If mixture is dry, toss with additional cooking water. To serve, top with garlic-and-walnut mixture.

EACH SERVING 🍷 ❤️ 😊 About 430 calories, 20 g protein, 59 g carbohydrate, 15 g total fat (5 g saturated), 9 g fiber, 13 mg cholesterol, 350 mg sodium.