

## Salt and Serenity

### Whole Wheat Ricotta with Penne and Peas

Serves 4

4 cups uncooked whole wheat penne pasta  
1 tablespoon olive oil  
2 large shallots, finely diced  
2 cloves garlic, finely minced  
1 cup ricotta cheese  
1/2 cup milk (2% is fine, do not use fat free)  
1/2 cup grated Pecorino Romano cheese  
Salt  
Pepper  
2 cups frozen baby green peas, unthawed  
Fresh basil, coarsely chopped, for garnish

1. Bring a large pot of heavily salted water to a boil.
2. Heat olive oil in a large skillet over medium heat. Add shallots and sauté until golden brown, about 5 minutes. Add garlic and cook for another 2 minutes.
3. When water is boiling cook penne according to package directions. When there is about 1 minute left in the cooking time, add the frozen peas. Cook pasta and peas together for additional minute, scoop out about 2 cups of cooking water and reserve. Drain pasta and peas and set aside.
4. Whisk ricotta and milk into shallots and garlic. Mix in Pecorino Romano cheese. Season with salt and pepper. Add penne and peas to the skillet and toss well. If sauce looks too thick, add a bit of the reserved cooking water.
5. Spoon into bowls and garnish with fresh basil.