

Zucchini Bread Recipes

Garlic Parmesan Pasta Recipe

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz linguine or fettuccine
- [ ] 2 tbsp unsalted butter
- [ ] 4 cloves garlic, minced
- [ ] 1 cup low-sodium chicken broth
- [ ] 1 cup freshly grated Parmesan cheese
- [ ] Freshly ground black pepper to taste
- [ ] Salt for pasta water

Optional Add-Ins

- [ ] 1 cup frozen peas, thawed
- [ ] 2 tbsp chopped fresh parsley
- [ ] Pinch of red pepper flakes for subtle heat

Instructions

1. Bring a large pot of salted water to a boil, add the pasta, and cook until al dente, about 9–11 minutes. Reserve 1 cup of cooking water before draining.



2. Meanwhile, in a large skillet over medium heat, melt the butter. Add the minced garlic and sauté until fragrant and just lightly golden, about 1 minute—be careful not to burn.



3. Stir in the chicken broth, scraping the pan bottom to release any browned bits. Let it simmer for 2–3 minutes to reduce slightly.

4. Add the cooked pasta to the skillet, tossing to coat. Pour in a splash of the reserved pasta water, then sprinkle the Parmesan cheese while stirring gently until the sauce becomes glossy.



5 Season with black pepper, and if desired, fold in peas or parsley. Serve immediately, garnished with an extra sprinkle of Parmesan.



Nutrition per serving

420 kcal	16 g	48 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, gradually add more pasta water until you reach a silky consistency.
- For a richer flavor, toast the garlic a touch longer, but watch it closely to avoid bitterness.
- Feel free to adjust the amount of Parmesan to suit your taste; more cheese yields a thicker sauce.