

Zucchini Bread Recipes

One Pot Creamy Garlic Pasta

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

Ingredients

Main Ingredients

- [ ] 12 oz spaghetti or linguine
- [ ] 3 tbsp olive oil
- [ ] 4 cloves garlic, minced
- [ ] 3 cups low-sodium vegetable broth
- [ ] ½ cup grated Parmesan cheese
- [ ] 2 tsp lemon juice
- [ ] ½ tsp freshly cracked black pepper
- [ ] Salt to taste

Instructions

1. In a large pot, heat olive oil over medium heat. Add minced garlic and sauté until fragrant, about 1 minute—watch it closely so it doesn't brown.



2. Pour in the broth and bring to a gentle boil. Add the pasta, stirring to ensure the noodles are submerged.



3. Reduce to a simmer and cook, stirring occasionally, until pasta is al dente and the liquid has reduced to a creamy coating, about 12-15 minutes. If needed, add a splash of reserved pasta water.



4. Remove from heat. Stir in Parmesan, lemon juice, and black pepper. Taste and adjust salt if necessary. Let the sauce rest for a minute to thicken further.



5 Serve immediately, garnished with extra Parmesan or a drizzle of olive oil.



Nutrition per serving

420 kcal	12 g	55 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce gets too thick, add a little more broth or pasta water.
- For a protein boost, stir in cooked chicken or shrimp at the end.
- A pinch of red pepper flakes can add a subtle warmth.