The Nourish and Develop Foundation's







INGREDIENTS

4½ cups chicken stock
1 12 oz. box linguini
1 small onion, thinly sliced
14 oz can tomatoes, not drained
4 garlic cloves, minced
1 lemon, juiced and zested
2 tbsp olive oil

Salt and pepper (to taste) 1/4 cup parmesan, grated 1 handful basil, chopped

METHOD

- 1. | Add pasta directly to the pot (you may need to break them in half if they don't fit).
- 2. Add onion, tomatoes, half of the basil, garlic, lemon zest, and lemon juice.
- 3. Drizzle with olive oil and lightly season with salt and pepper. Pour the chicken stock in.
- 4. While stirring frequently, bring pot to a boil over high heat for 8-10 minutes (or until the pasta is cooked al dente*), uncovered.
- 5. Remove from heat and add parmesan. Taste and season accordingly.
- 6. Garnish with fresh basil, if desired.
- * 'Al Dente' is an Italian teerm meaning 'to the tooth.' In terms of pasta, 'al dente' means pasta that is not mushy, or still a little bit firm.
- * This is a super easy and quick recipe to make, but remember: watch your pot! The key to this recipe is stirring the pasta while it boils, so it doesn't stick to the pan.
- * The longer you let the cooked pasta rest in the sauce, the thicker the sauce will get.

