

SPAGHETTI WITH WALNUTS, FENNEL, AND PEAS

2/3 CUP WALNUTS, COARSELY CHOPPED
10 OUNCES WHOLE-GRAIN THIN PASTA
1 TEASPOON OLIVE OIL
2 GARLIC CLOVES, CRUSHED
2 BULBS FENNEL, FRONDS AND ENDS TRIMMED, THINLY SLICED
1 CUP FROZEN PETITE PEAS, THAWED
1 CUP LOW-SODIUM VEGETABLE BROTH
1/8 TEASPOON SALT
1/2 CUP CHOPPED FRESH ITALIAN PARSLEY
1 TEASPOON LEMON ZEST
GRATED PARMESAN AND FENNEL FRONDS (OPTIONAL)

COOK SPAGHETTI ACCORDING TO PACKAGE DIRECTIONS.

MEANWHILE, HEAT OLIVE OIL IN A LARGE WOK OR SAUTÉ PAN OVER MEDIUM HEAT. ADD GARLIC AND SAUTÉ FOR 1 MINUTE. ADD FENNEL AND STIR-FRY OVER MEDIUM-LOW HEAT FOR ABOUT 8 MINUTES OR UNTIL SLIGHTLY SOFTENED. ADD PEAS, BROTH, AND SALT AND SIMMER OVER LOW HEAT, STIRRING OCCASIONALLY, TO KEEP MIXTURE WARM UNTIL PASTA IS DONE.

DRAIN COOKED SPAGHETTI AND ADD TO WOK WITH FENNEL MIXTURE. TOSS WITH WALNUTS, PARSLEY, AND LEMON ZEST. GARNISH WITH PARMESAN AND FENNEL FRONDS, IF DESIRED.