

## Whole Wheat Pasta with Ricotta, Roasted Garlic, and Walnuts

### Ingredients

- 1/4 cup walnuts
- 8 oz. whole-wheat fusilli pasta
- 1 cup Ricotta cheese
- 7 roasted garlic cloves
- 1/2 cup shredded Parmigiano-Reggiano
- 4 tsp. extra virgin olive oil
- to taste black pepper
- 4 tbsp. flat-leaf parsley

### Instructions

1. Chop walnuts.
2. Chop flat leaf parsley.
3. Preheat oven to 350 degrees F.
4. Spread walnuts on small baking sheet and toast until fragrant and lightly browned, 10 minutes, stirring nuts after 5 minutes.
5. Meanwhile, cook pasta according to package directions.
6. While pasta cooks, in bowl, combine ricotta and garlic.
7. Using back of spoon, cream them together until mixture is creamy and light. Mix in Parmigiano cheese and set aside.
8. Drain pasta, leaving some moisture. In mixing bowl, combine pasta with oil. Divide pasta among 4 bowls. With spoon, drop cheese mixture in 5 dollops on top of pasta in each bowl. Garnish with generous amount of pepper, toasted walnuts and parsley.

