

Foodnity Recipes

Lemon Ricotta Pasta With Arugula

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
- [ ] 1 cup ricotta cheese, room temperature
- [ ] 1 large lemon (zest and juice)
- [ ] 2 cups fresh arugula, loosely packed
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 clove garlic, minced
- [ ] ¼ cup grated Parmesan cheese
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil; cook the pasta until just al dente, about 9 minutes. Reserve 1 cup of the hot pasta water, then drain.
2. Meanwhile, in a wide skillet over medium heat, warm 1 tbsp olive oil and gently sauté the minced garlic until fragrant, about 30 seconds—watch it, so it doesn’t brown.
3. Add the ricotta, lemon zest, and lemon juice to the skillet; whisk gently, adding a splash of reserved pasta water to achieve a silky sauce. Season with salt and pepper.
4. Toss the cooked pasta into the sauce, adding more pasta water as needed until the noodles are glossy and coated.
5. Remove the pan from heat, fold in the fresh arugula, and drizzle the remaining 1 tbsp olive oil. The residual heat will wilt the leaves just enough to keep their peppery bite.
6. Plate the pasta, finish with a generous sprinkle of Parmesan and an extra pinch of lemon zest if desired. Serve immediately.

Nutrition per serving

420 kcal	14 g	48 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add more reserved pasta water a tablespoon at a time.
- Taste the lemon balance before adding the arugula; adjust with a tiny splash of juice if needed.
- For a richer flavor, toast the lemon zest briefly in the skillet before adding the ricotta.