Spaghetti Rampa Aglio e Olio
Pasta, Ramps, Garlic and Oil

2 Servings

INGREDIENTS
• 6-8 ramps (about 2 chops chopped)
• 2 cloves garlic, chopped
• 2 - 3 Tbsp olive oil
• 4 ounces (uncooked) whole grain spaghetti
• salt & pepper to taste
• (optional) parmesan cheese or nutritional yeast to top

DIRECTIONS
1. Cook spaghetti following boxed directions until al dente. Drain pasta and run under cool water, set aside.
2. Wash ramps, shake water from leaves and slice thinly (1/4"). Peel and chop 2 cloves of garlic.
3. Heat olive oil in skillet on medium high heat, add garlic and let soften and begin to brown. Takes a minute or so. Add ramps, sauté. Ramps cook quickly after they begin to wilt. Add pasta, season with salt and pepper. Toss well to combine. Allow a couple of minutes to heat through before serving.
4. For added flavor top with parmesan cheese or nutritional yeast.

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